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**The Compleat
SERVANTMAID;
OR, THE
Young Maidens Tutor,**
Directing them how they may fit,
and qualifie themselves for any of
these Employments.

Viz.

- | | | |
|------------------|---|----------------|
| Waiting-Woman | { | Nursery-Maid, |
| House-Keeper | | Dairy-Maid. |
| Chamber-Maid, | | Laundry-Maid, |
| Cook-Maid, | | House-Maid, |
| Under-Cook-Maid, | | Scullery-Maid. |

Whereunto is added a Supplement con-
taining the choicest Receipts, and rarest
Secrets in Physick and Chirurgery.

Composed for the great benefit and ad-
vantage of all young Maidens.

The Fourth Edition corrected and amended.

L O N D O N,

Printed for Tho. Passinger, at the Three
Bibles on London-Bridge, 1683,

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THE
EPISTLE
TO ALL

Young Maidens.

Sweet Hearts,

THe great desire I have for
your good, advantage, and
preferment in the world,
is such, that I respect
it equal with my own. I have there-
fore with great pains and industry
composed this little Book, as a Rich
Store-House for you, from whence
you may be furnished with such ex-
cellent

The Epistle to

cellent directions as may qualifie you
for, and make you capable of serving
the greatest person of Honour or
Quality, or Gentleman or Gentle
woman either in City or Country.
For besides those necessary directions
which teach you how to behave and
carry your self, and perform your
duty in the severall employments of
Waiting-woman, House-Keeper,
Chamber-Maid, Cook-Maid, Under-
Cook-Maid, Nursery-Maid, Dairy-
Maid, Laundry-Maid, House-Maid,
and Scullery-Maid, you have di-
rections for Preserving, Conserving,
and Candyng: for Writing the most
usual hands for Women, as Mixt
Hands, Roman and Italian Hands:
for Arithmetick, as much as is necessa-
ry for your Sex: Also the Art of
Carving,

all Young Maidens.

Carving, and Destilling, with choice Receipts for Physick and Chiurgery: for Washing and Starching of Tiffanies, Points, and Laces: for making of Pies, Custards, Cheese-cakes and the like: also for making of Pickles and Sawces, and for dressing of Flesh, Fowl, and Fish, and for making several sorts of Creams and Syllabubs.

With variety of choice Receipts for preserving the Hair, Teeth, Face, and keeping the Hands white: Also a Bill of Fare of the most usual and proper meats for every Month in the Year. So that if you carefully and diligently peruse this Book, and observe the directions therein given, you will soon gain the Title of a Complete Servant Maid, which may be the

The Epistle to, &c.

means of making you a good Mistress: For there is no Sober Honest, and Discreet man, but will make choice of one, that hath Gained the Reputation of a Good and Compleat Servant, for his Wife, rather than one who can do nothing but Trick up her self fine, and like a Bartholomew Baby, is fit for nothing else but to be looked upon.

This Consideration, will I hope Stir you up to the Attaining of these most Excellent Qualifications, and Accomplishments. Which that you may do; is the earnest desire of your Well-Wisher.

General

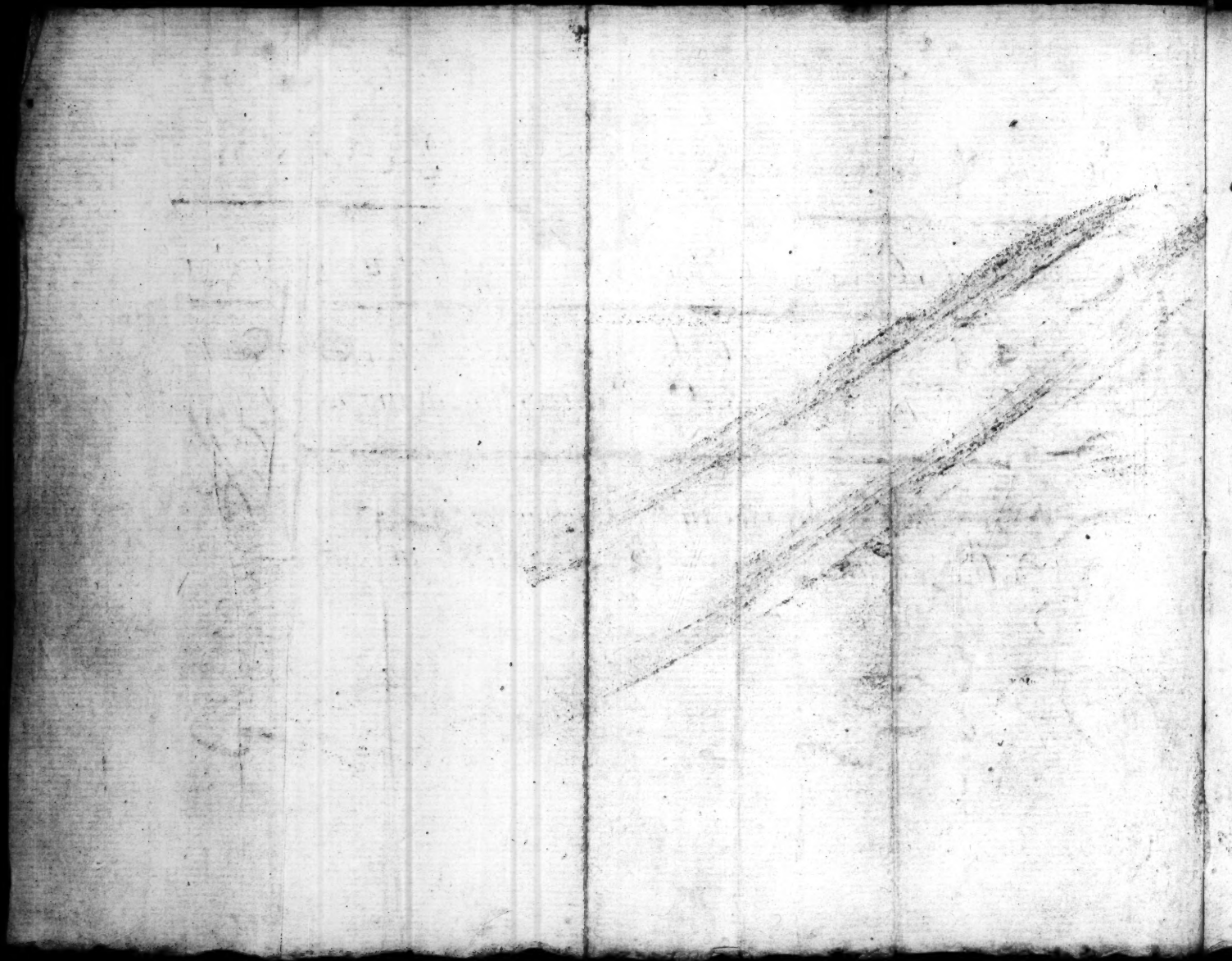
A B C D D E F G H I K L M N O P Q R S T U V
X Y Z

A b c d e f g h i k l m n o p q r s t u v w x y z e t

The W orles a booke writt by th' Eternall art
Of The great maker Printed in mans heart

is falsely printed the divinely penned
And all th' Errata will appear at th' end





A B C D E F G H I K L M N O P Q R S T U V W X Y Z

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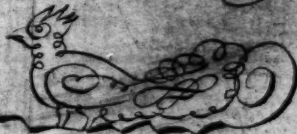


Pleasure's a thief that oft before his face
Steales man away and leaves a beast in's place

B ut vertues offspring never run that race



Quietness and contentment are the most
Sovereign Ingredients in temporal felicity

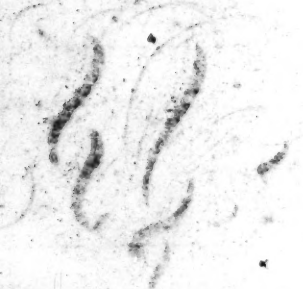


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General

DIRECTIONS

TO

Young Maidens.



If you would endeavour to gain the esteem and reputation of a good Servant, and so procure to your self not only great Wages, but also great gifts and vales, the love

and respect of your Lady, Master or Mistress, and the blessing of God Almighty upon all our lawful endeavours, you must in the first place, be mindful of your duty to your Creator, according to the advice of Solomon, Ecc. 12. 1. *Remember thy Creator in the days of thy Youth.* Be careful that you say your prayers morning and evening, that you read good Books, and hear Sermons as often as conveniently you can.

The Compleat

2. That you endeavour carefully to please your Lady, Master or Mistrefs, be faithful diligent and submissive to them, encline not to sloth or laze in bed, but rise early in a Morning.

3. be humble and modest in your behaviour.

4. Be neat, cleanly, and housewifely in your cloths, and lay up what money can handsomely be spared.

5. Be careful of what is given you, or what you have in your Charge, that by so doing you may oblige them to be loving and kind to you, and cause them to speak well of you.

6. Do not keep familiarity with any, but those, with whom you may improve your time.

7. If you are entrusted with any secrets, be careful that you reveal them not.

8. Be careful that you wast not, or spoil your Ladies, or Mistresses goods, neither sit you up junketing a nights, after your Master and Mistrefs be a-bed.

Lastly, If you behave your self civilly and be neat, cleanly, and careful to please, you will be cherished and encouraged not only with good words but good gifts.

Thus have I given you some short directions in general, I shall now give you particular

ticular directions for every employment, from the Waiting-Gentlewoman to the Scullery-Maid, that so you may be capable of serving in the highest as well as the lowest place.

Directions for such as desire to be Waiting-Gentlewomen.

IF You desire to be a Waiting-Gentlewoman to a Person of honour or quality, you must,

1. Learn to dress well.
2. Preserve well.
3. Write well a legible hand, good language and good English.
4. Have some skill in Arithmetick.
5. Carve well.

Having learned these, you must remember to be courteous and modest in your behaviour, to all persons according to their degree, humble and submissive to your Lord and Lady, and Master or Mistress, neat in your habit, loving to Servants, sober in your countenance and discourse, not using any wanton gesture, which may give Gentlemen

clemen any occasion to suspect you of levity ; and so court you to debauchery, and by that means lose a reputation irrecoverable. I shall now give you some short directions, whereby you may learn to preserve, write well, carve well, and have some skill in Arithmetick.

Directions for Preserving, Conserving, and Candying.

How to preserve Barberries.

Make choice of the largest and fairest bunches, picking off the withered or shrunk Barberries, and wash them clean, drying them in a clean cloth, after this take a quantity of Barberries, and boyl them in Claret-wine till they be soft, then strain them well thorow a strainer, wringing the juice hard thorow it, boyl this strained Liquor with Sugar till it be thick and very sweet, let it then stand till it be cold, then put your branches of Barberries into Gally-pots, and fill them up with this Liquor : By this means you will have both the Syrup of Barberries, and their Preserves.

To preserve Pears.

Take Pears that are sound and newly gathered from the Tree, indifferent ripe, then lay

lay in the bottom of an earthen pot some dried vine leaves, and so make a lay of Pears, and leaves, till the pot be filled up, laying betwixt each lay some sliced Ginger, then pour in as much old wine as the Pot will hold, laying some heavy thing on the Pears, that the pot may not swim.

To preserve green Pippins.

Take half a score of green Pippins from the Tree, pare them, and boyl them in a pottle of water till they are like a pulp, strain them from the cores, then take two pound of Sugar, and mingle it with the Liquor or pulp so strained, set it on the fire, and as soon as it boyleth put in the Pippins you intend to preserve, so let them boyl leisurely till they be enough, when they are preserved they will be green. In like sort you may preserve Quinces, Plumbs, Peaches, and Apricocks, if you take them green.

To preserve Black Cherries.

Take them fresh or as they come from the Tree and out of the Stalk, take one pound of Sugar for two pounds of Cherries, seeth and clarifie them, and when they are half boyl'd put in your other Cherries, and let them seeth softly together, until the Sugar may be drawn between the fingers like small Threads, when it is almost cold put the Cherries in the Pots with the Stalks downwards.

To Preserve Mulberries.

Take Mulberries and add to them their weight in Sugar, having wet your Sugar with some juice of Mulberries, then stir your Sugar together, and put in your Mulberries, and boyl them till they are enough; then take them out and boyl the Syrup a while, then put in the Mulberries and let them stand till they be cold.

To Preserve Oranges and Limons.

Take the fairest you can get, and lay them in water three days and three nights, to take away their bitterness, then boyl them in fair water till they be tender, make as much Syrup as will make them swim about the Pan, let them not boyl long, for then the skin will be tough, let them lie all night in the Syrup, that they may soak themselves therein: In the morning boyl the Syrup to a convenient thicknes, then with it and the Oranges and Limons, fill your Galli-pots and keep them all the Year. In this manner you may preserve Citrons.

To Preserve Gooseberries.

Let the Gooseberries be gathered with their stalks on, cut off their heads and stone them, then put them in scalding water and let them stand therein a little while, then take their weight of Sugar finely beaten, and lay first a layer of Sugar then of Gooseberries

berries in your preserving Pot or Skillet, till all be in, put in for every pound of Gooseberries a spoonful of fair water, set them on the Embers till the Sugar be melted, then boyl them as fast as you can, till the Syrup be thick enough, when cold put them up. In this manner you may preserve Raspices and Mulberries.

To preserve Roses.

Take one pound of Roses, three pound of Sugar, one pint and a little more of Rose-water, make your Syrup first, and let it stand till it be cold, then take your Rose leaves having first clip'd off all the white; put them in the cold Syrup and cover them, let your fire be very soft, that they may only simmer two or three hours, then whilst they are hot, put them out into Pots or Glasses for your use.

To Preserve Cherries.

Take Cherries fully ripe and newly gathered, put them to the bottom of the preserving Pan, let the Cherries and Sugar be of equal weight, throw some Sugar on the Cherries and set them on a quick fire, and as they boyl throw on the Sugar till the Syrup be thick enough, then take them out and put them into a Galli-pot whilst they are warm; it will not be amiss to add two or three spoonfuls of Rose-water to them.

To Preserve ripe Apricocks.

Let the weight of your Sugar equal the weight of your Apricocks, what quantity soever you have a mind to use, pare and stone your Apricocks, and lay them in the Sugar in the preserving Pan all night, and in the morning set them on the embers till the Sugar be melted, and then let them stand and scald an hour, then take them off the fire and let them stand in that Syrup two days, and then boyl them softly, till they be tender and well coloured, and after that when they are coloured, put them up in glasses or pots, which you please.

To preserve green Walnuts.

Take Walnuts and boyl them till the water tastes bitter, then take them off and put them in cold water and peel of their rind, and put to them as much Sugar, as their weight, and a little more water than will wet the Sugar, set them on a fire, and when they boyl up, take them off, and let them stand two days, then boyl them again once more.

To preserve Eringo Roots.

Take Eringo Roots fair and knotty, one pound, and wash them clean, then set them on the fire and boyl them very tender, peel off their outermost skin, but break them not as you pare them, then let them lie a while in cold

cold water, after this you must take to every pound of Roots, three quarters of a pound of clarified Sugar, and boyl it almost to the height of a Syrup, and then put in your Roots, but look that they boyl but gently together, and stir them as little as may be for fear of breaking, when they are cold put them up and keep them.

To Preserve Enula Campana Roots.

Wash them and scrape them very clean, and cut them thin to the Pith, the length of your little finger, and as you cut them, put them in water, and let them lie there thirty days, shifting them twice every day to take away the bitterness: Then weigh them, and to every pound of Roots, add twelves ounces of Sugar clarified first, boyling the Roots very tender, then put them in to the Sugar, and let them boyl upon a gentle fire until they be enough, having stood a good while on the fire, put them up between hot and cold.

To make Conserve of Roses.

Take red Rosebuds, clip all the white either bruised or withered from them, then add to every pound of Roses three pound of Sugar, stamp the Roses very small, putting to them a little juice of Limons or Rose-water as they become dry: When you think your Roses small enough, then put your

your Sugar to them, so beat them together till they be well mingled, then put it up in Galli-pots or Glasses. In this manner is made the conserves of Flowers of Violets, which doth cool and open in a burning fever or Ague, being dissolved in Almond milk and so taken, and excellent good for any inflammation in Children. Thus you may also make the Conserve of Cowslips, Marigolds, Sage and Scabious, and the like.

How to Candy all sorts of Flowers, as they grow with their Stalks on.

Take the Flowers, and cut the Stalks somewhat short, then take one pound of the whitest and hardest Sugar you can get, put to it eight spoonfuls of Rose-water, and boyl it till it will roul between your little finger, and your thumb, then take it from the fire, and cool it with a stick, and as it waxeth cold dip all your Flowers, and taking them out again lay them one by one on the bottom of a Sieve, then turn a Joynt-stool with the feet upward, set the Sieve on the feet thereof, then cover it with a fair linen cloth, and set a Chafing-dish of Coals in the midst of the stool underneath the Sieve, and the heat thereof will dry your candy speedily, which will look very pleasantly, and keep the whole year.

To Candy Eringo Roots.

Take of your Eringo Roots ready to be preserved and weigh them, and to every pound of Roots, you must take of the purest Sugar you can get two pound, and clarify it with the whites of Eggs exceeding well, that it may be as clear as Crystal: It being clarified you must boyl it to the height of *Manus Christi*, and then dip in your Roots two or three at once, till they are all candied: Put them in a stove and so keep them all the year.

The best way to dry Plumbs.

Take Plumbs when they are fully grown, with the Stalks to them, however let them be green, split them on the one side, and put them in hot water, but not too hot, and so let them stand three or four hours, then to a pound of them take three quarters of a pound of Sugar beaten very fine, and eight spoonfuls of water to every pound, set them on hot embers till the Sugar be melted, and after that boyl them till they be very tender, letting them stand in the Syrup two or three days to plump them, then take them out and wash the Syrup from them with warm water, and wipe them dry in a fair Linen Cloth then set them on plates, and let them dry in a stove, dry them not in an Oven; for then they will be tough.

Colours

The Compleat

Colours for Fruit.

If you would colour fruit yellow, you must make use of saffron, for the best green colour take sapgreen, and for the best red, Indian lake, &c. You must be sure to mix the colours with Gum Arabick dissolved in Rose water.

To make Marmalade of Quinces.

Take of the fairest Quinces, wash them very clean and stamp them very small, and wring out as much juice as you can, then take other Quinces and cut them in six pieces, put them in a pot and let them be evaporated with hot water, until they be thorowly mellow, then take half a pot full of the former juice, and pour it upon the former, stewed and cut in pieces, break it well together and put the rest of the juice among it, then wring it thorow a clean thin cloth, seeth no more of this juice at once than will fill a box therewith, and put white Sugar to it as much as you please.

How to make Syrup of Violets.

Boyl fair water and scum it, and to every ounce so scum'd and boyl'd, take six quarters of the blew Violets, only shift them as before nine times, and the last time take nine ounces of Violets, let them stand between times of shifting twelve hours, keep-
ing

ing the Liquor still on hot Embers, that it may be but milk-warm, after the first shifting you must stamp and strain the last nine ounces of Violets, and put in only the juice of them, then take to every pint of this Liquor thus prepared, one pound of Sugar finely beaten, boyl it and keep it stirring till all the Sugar be melted, which you must do if you can before it boyl, afterwards boyl it up with a quick fire.

To make Syrup of Roses.

Take Damask Roses and clip off the white of them, for every pint of water, take six ounces of Roses; boyl your water, first and scum it, then let them stand twelve hours, wringing out the Roses and putting in new eight times, then wringing out the last, put in the juice of four ounces only, and so make it up as before.

To make Syrup of Coltsfoot.

Take the leaves of Coltsfoot and wash them very clean, then wipe them with a clean cloth leaf by leaf, then dry them well with a cloth, then beat them in a mortar and put them in a strainer, and wring all the juice out of them and put it into glasses, and let it stand in them to settle all Night, the next day pour out the clearest of the juice from the grounds into a clear Bason, and take for every pint thereof a pound of
Sugar

Sugar finely beaten, boyl the juice of Colts-foot softly on a Charcoal fire, and when you have well scum'd it, put in the Sugar according to its proportion, and so let them boyl together keeping it with due scumming until it will stand on a stiff purl, dropping it on a plate: Then take it from the fire: and pour it thorow a Jelly bag into a fair Bason, putting first a branch or two of Rosemary into the bags bottom, then keep it stirring with a spoon until it be lukewarm, otherwise it will have a Cream upon it, so letting it stand all night, put it in what vessels you think fit to keep it in, for your future Use and Service.

By the foresaid rules and directions, you may now make most sorts of Syrups now in use, as Syrup of Worm-wood, Betony, Borrage, Bugloss; Carduus, Chamomil, Succory, Endive, Strawberries, Fumitory, Purslain, Sage, Scabious, Scordium, Housleek and the like.

Thus having given you some short directions for Preserving, Conserving, and Candy-ing, I shall in the next place give you some rules and directions, how you may attain to write a good legible Hand.

Directions

Directions for Writing the most Usual and Legible Hands for Women; as Mixt hand, Roman Hand, and Italian Hand.

Before I come to give you full directions for the writing of the aforefaid Hands, I shall give you some Instructions how to make a pen, hold a pen, how to sit to write, together with some other necessaries for writing.

How to make a Pen.

Having a Penknife with a smooth, thin sharp Edge, take the first or second quill of a Goose wing and scrape it, then hold it in your left hand with the Feather end from you, beginning even in the Back, cut a small piece off sloping, then to make a slit enter the knife in the midst of the first cut, put in a quill and force it up, so far as you desire the slit should be in length, which done, cut a piece sloping away from the other side above the slit, and fashion the nib by cutting off both the sides equally down, then place the nib on the nail of your left hand thumb, and to end it draw the edge into it slanting, and being half thorow turn the edge almost downright and cut it off,

How

The Compleat

How to hold your Pen.

Hold the Pen in the right hand, with the hollow side downward, on the left side place your Thumb rising in joynt, on the left side your middle finger near half an inch from the end of the Nib, and your forefinger on the top, a small distance from your Thumb.

How to sit to write.

Chose a foreright light, or one that comes on the left hand, hold your head up the distance of a span from the Paper, when you are writing hold not your head one way or other, but look right downward; Draw in your right elbow, turn your hand outward and bear it lightly, gripe not the Pen too hard, with your hand stay the paper.

Necessaries for Writing.

Let your Ink be thin, such as may freely run from the Pen, let the Paper which you write on be white, fine, and well gumm'd, for dispatch procure a round Ruler, for certainty a flat one, at your first writing rule double lines, with a quill cut forked the depth of your intended letters, or else with a black lead Pen: Rub your Paper lightly with gum-sandarack beaten fine, and tyed up in a linen cloth, which make the Paper

per bear ink better, and the Pen run more smooth.

Directions for Writing of mixt Hand.

In writing of this Hand, I would advise you to a Pen with an even nib, a long slit, and not too hard; rule double lines that you may keep your Letters even at head and foot. Keep a waste Paper under your hand, whereon to try every Letter before you write it fair, at the first write slowly and carefully, diligently mind your Copy, and observe the true Proportion and Agreement of Letters.

First, in their Compassing, as the a, b, d, g, o, p, q. &c. which must be made with equal Whites.

Secondly, In their lengths and depths, keep them even at head and foot.

Thirdly Keep the Stems of all letters to an equal heighth.

Fourthly, Let all incline one way, to the right hand or to the left.

Fifthly, in making all heads of long Letters, begin them on the left side, then turn your Pen to a flat, and draw it down smoothly on the right side.

These Rules well observed, will be sufficient for this Hand; therefore I shall proceed to give you

Directions for the Roman Hand.

When double Lines are ruled, and every thing ready ; with an indifferent size Pen well cut, first imitate the small l, n, and o, so long till you can make them well: then proceed to make the small Letters that bear resemblance one to another, as c, e, a, o, g, q, then the b, d, f, h, k, l. and A. which stems or Body strokes keep often equal height.

Directions for Italian Hand.

Since the exact writing of these Hands depends wholly on the form of an Oval, I would advise you to use your hand to the making of a larger and lesser Oval. This Hand must be written with a Pen that hath a clear long slit, and a long small nib ; and the Hand in writing hereof must be borne lightly and freely. In your imitation, observe the rule for likeness of Letters delivered in the Roman. In Joyning you must unite all such Letters, as will naturally joyn, by small hair strokes, drawn with the left Corner of the Pen ; and imitate the Copy.

Here place the two Plates.

I shall now give you some directions, whereby you may understand so much of Arithmetick, as is necessary for keeping your Accounts ; viz. Numeration, Addition and Subtraction.

Directions for Arithmetick.

Of Numeration.

Numeration is that part of Arithmetick, whereby we may duly value and express any Figures set down in their places, and that you might the better know and understand what it is, I have here inserted the Table of Numeration.

Unites.	Tens.	Hundreds.	Thousands.	X. of Thousands.	C. of Thousands.	Millions.	X. of Millions.	C. of Millions.
1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9

This Table hath nine places, and in every one of them are set the value of each figure at the upper end of the Table; so that by this you may learn to express any Number. Every figure hath its denomination; as one Unites, another Tens, another Hundreds &c. So that if you would number the first line, which are all Ones, you must begin with the first figure on your left hand; look over the head of it, and you will see its denomination, which is hundreds of Millions: you must therefore reckon thus, one hundred and eleven Millions, one hundred and eleven Thousand, one hundred and Eleven: Two hundred twenty two Millions, two hundred twenty two Thousand, two hundred twenty Two and so of any of the rest of the Figures.

Thus much for Numeration, which shews you the place of the figures. The next thing you must learn is Addition, which shews you the adding together of figures.

Of Addition.

Addition is that part of Arithmetick, which shews to Collect or add diverse Sums together, and to express their Total value in one Sum.

As for example suppose you had disbursed for your Lady several Sums of Money; as,

	lib.
For Wine.	5
For Sugar.	4
For Oranges.	3
For Limons.	2
	<hr/>
In all	14

Now, to know how much the Total of this is which you have laid out, you must add them up together; beginning at the bottom, say, 2 and three makes 5, and 4 is 9, and 5 is 14. So that it doth appear that the Total Sum which you have disbursed, is 14 pounds, therefore make a stroke at the bottom, and set down 14 underneath, as you see in the Example.

Thus much may suffice for pounds alone, but if your disbursements consist of pounds, shillings

Shillings, pence and farthings, you must set it down after this manner.

	lib.	s.	d.
For Wine,	7	12	09
For Oranges,	0	17	03
For Limons,	1	02	11
For Sugar,	3	09	04
For Quinces	1	15	03
For Apricocks	0	07	09
<hr/>			
Total	15	05	05

Now to cast up this, you must know that your farthings make one Penny, twelve pence make one Shilling, twenty Shillings make one Pound. Therefore, in the first place add up the farthings; saying, 2 and 3 makes 5, and 1 is 6, and 2 is 8, which is all the number of farthings; you must therefore say, 8 farthings make two pence, which you must carry to the next Row towards your left hand, which is Pence; setting down a Cypher or round 0 underneath the farthings, because there doth remain no odd farthings, Now add up the Pence, saying, 2 which you carried, and 9 is 11, and 3 is 14, and 4 is 18, and 11 is 29, and 3 is 32, and 9 is 41. Then say 41 pence make three shillings, 5 pence, therefore set the 5 pence underneath the Title pence, and carry the 3 shillings to the

the next row on your left hand, which is shillings; saying 3 which I carried, and 7 is 10, and 15 is 25, and 9 is 34, and 2 is 36, and 17 is 53, and 12 is 65: Then say 65 shillings make three pounds, 5 shillings; which 5 shillings set down under the Row of shillings, and carry the three pound to the next Row on the left hand, which is pounds; saying 3 which I carried and 1 is 4, and 3 is 7, and 1 is 8, and 7 is 15; which 15 set under the Row of pounds: and then you will plainly see, that the Total of what you have disbursed comes to fifteen pound, five shillings, and 5 pence. Now to prove whether your Sum be right added or cast up, you must cut off the uppermost line, with a stroak drawn as you may see in this Example.

Then cast up all your Sum to that stroak; which by so doing, you will find come to seven pound, twelve shillings, seven pence, half penny; which set down

lib.	s.	d.	q.
07	12	09	02
00	17	03	01
01	02	11	03
03	09	04	02
01	11	03	00
00	07	09	00
15	05	05	00
07	12	07	02

underneath your Total Sum: Then add that Sum with the uppermost line you cut off; and if they both make the same sum as the Total, the Sum is right cast up, other-

wise not, as you may see by this example; for seven pound, twelve shillings, seven pence half Penny, added to the uppermost line, which is seven pound, twelve shillings, nine Pence, half Penny, makes the total Summ, which is fifteen pound, five shillings, five Pence.

Thus much for addition; the next thing you are to learn is Substraction.

Of Substraction.

THis rule teacheth you to Substract a lesser Summ from a greater, and then to know what remains, as suppose your Lady order you to receive of *John Jones*, an hundred and twenty pounds, and then to pay to *Goodman Stiles* seventy five Pounds, how would you know what you have remaining in your Hands? To do this you must first set down the greatest Summ, then underneath the lesser Summ: As for Example;

Now Sustract the		lib.
lesser from the greater,	Received	120
then you will see	Paid	75
what remains, which		<hr/>
you must do thus:	Remains	45

Say 5 from 0 I cannot, but 5 from 10 and there remains 5. Then say one which I borrowed and 7 is 8; 8 from

8 from 12 and there remains 4, which set down under the 7 as you see in this example. So you may plainly see if you receive a hundred and twenty pound, and pay away seventy five pounds, you must have remaining in your hands forty five pounds.

Another example, suppose you receive for your Lady at several times, these Sums of money following,

	lib.	s.	d.
Received	212	14	10
	75	09	04
	30	12	06
	05	04	03
	<hr/>		
In all	324	00	11

Which added up together makes three hundred twenty four pounds and eleven pence. Then suppose you have paid, out these Sums following; which added together, makes in the Total that you have paid, two hundred fourteen pounds, six shillings and five pence.

	lib.	s.	d.
Paid	127	14	06
	49	02	04
	32	03	09
	05	05	10
	<hr/>		
	214	06	05

Now to subtract and know what you have remaining, set down the Total of what

B 5

you

you have received, and underneath the Total of what you have paid, thus.

Then substract, saying five pence from eleven pence and there

	li.	s.	d.
Received	324	00	11
Paid	214	06	09
	109	14	00

remains six pence, which set down under the pence; then say six shillings from nought I cannot, but take 6 shillings from twenty and there remains 14 shillings; then go to the pounds and say, one that I borrowed and 4 is 5, 5 from 4 I cannot, but take 5 from 14 and there remains 9, which set down right under 4 in the pounds, then say one that I borrowed and one is 2, 2 from 2 and there remains nothing, which set down under, then say 2 from 3 and there remains one, which set down right under the 2; So you will plainly see, there remains one hundred and nine pounds, fourteen shillings and six pence. Now for proof to know whether your Sum be right, add the two lowermost lines together, and if they produce the same figures which the uppermost line hath, then is your Sum right and not otherwise.

Thus have I briefly and plainly shown you so much of Arithmetick, as is necessary for your keeping account of what you receive and disburse for your Lady, Master or Mistress. I shall now give you some Directions for Carving.

Directions for Carving.

I Shall in the first place acquaint you with those proper Terms that are used by the curious in the Art of Carving.

In cutting up all small Birds it is proper to say thigh them, as thigh that Woodcock, thigh that Pigeon: but as to others say, mince that Plover, wing that Quail, and Wing that Partridge, allay that Pheasant, untack that Curlew, unjoint that Bittern, disfigure that Peacock, display that Crane, dismember that Hern, unbrace that Mallard, frust that Chicken, spoil that Hen, sawce that Capon, lift that Swan, reer that Goose, tire that Egg: As to the Flesh of Beasts, unlace that Coney, break that Deer, leach that Brawn: For Fish, chine that Salmon, string that Lamprey, splat that Pike, sawce that Plaice, and sawce that Tench, splay that Bream; side that Haddock, tusk that Barbel, culpon that Trout, tranfon that Eel, tranche that Sturgeon, tame that Crab, barb that Lobster, &c.

How to lift a Swan.

Slit her right down in the middle of the Breast, and so clean thorow the back, from the Neck to the Rump, and so divide her equally

qually in the middle, without tearing the flesh from either part. Having laid it in the dish with the slit side downwards, let your sawce be Chaldron apart in sawcers.

How to Rear or breake a Goose.

This must be done by taking off the Legs very fair, then cut off the Belly-piece round, close to the lower end of the Breast, lace her down with your Knife clean thorow the breast, on each side two Thumbs bredth from the Breast-bone, then take off the Wings on each side with the flesh which you first laced, raising it up clear from the Bone, then cut up the Merry-thought, and having cut up another peice of flesh which you formerly laced, then turn your Carcass and cut it asunder, the Back bone about the Loyn-bones, then take the Rump end of the Back-bone, and lay it at the fore end of the Merry-thought with the skin side upward, then lay your Pinnion on each side contrary, set your legs on each side contrary behind them, that the bone end of the Legs may stand up cross in the middle of the dish, and the Wing pinnions on the outside of them, put under the Wing pinnions on each side, the long slices of flesh which you did cut off from the Breast bone,

bone, and let the ends meet under the Leg-bones.

How to cut up a Turkey or Bustard.

To do this, you must raise up the leg very fair, then open the joynt with the point of your sharp knife, not yet take off the Leg, then lace down the Breast on both sides, and open the breast Pinnion, but take it not off, then raise up the Merry-thought betwixt the breast bone and the top of the Merry-thought, lace down the flesh on both sides of the breast bone, and raise up the flesh called the Brawn, turn it outwards on both sides, but break it not, nor cut it off, then cut off the wing Pinnion at the joynt next the Body, and stick on each side the Pinnion in the place where you turn'd out the Brawn, but cut off the sharp end of the Pinnion, take the middle piece and that will just fit the place, you may cut up a Capon or Pheasant the same way, but be sure you cut not off the Pinnion of your Capon, but in the place where you put the Pinnion of the Turkey, place there your divided Gizzard, on each side half.

How to dismember a Hen.

To do this you must take off both the legs and lace it down the breast, then raise up the flesh and take it clean off with the Pinnion,

nion, then stick the head in the Breast, set the Pinnion on the contrary side of the Carcass and the Legs on the other side, so that the bones ends may meet cross over the Carcass and the other Wing cross over upon the top of the Carcass.

How to unbrace a Mallard.

Raise up the Pinnion and the leg, but take them not off, raise the Merry thought from the brest; and lace it down slopingly, on each side the Breast with your Knife.

How to unlace a Coney.

In doing this you must turn the Back downwards and cut the Belly flaps clean off from the Kidneys, then put in the point of your Knife between the Kidneys, and loosen the flesh from each side the Bone, then turn up the back of the Rabbet and cut it cross between the Wings, and lace it down close by the bone on each side, then open the flesh from the bone against the Kidneys, and put the leg open softly with your hand, but pluck it not off; then thrust in your Knife betwixt the Ribs and the Kidney, slit it out, then lay the legs close together.

How to allay a Pheasant.

To do this you must raise his Wings and legs,

legs, and so proceed as you are before taught in the dismembring a Hen.

To display a Crane.

In doing this you must unfold his Legs and cut off his Wings by the joynts, then take up his wings and Legs and sawce them with Powder of Ginger, Mustard, Vinegar, and Salt. You may dismember a Hern in the same manner, and sawce him accordingly.

Thus have I given you some short; but necessary directions, which may qualifie you for the waiting upon a Person of Honour or Quality.

*Directions for such who intend to be
House-keepers to Persons of Ho-
nour or Quality.*

THose Persons who would qualifie themselves for this imployment, must in their Behaviour carry themselves grave, solid and serious; which will inculcate into the beliefs of the Persons whom they are to serve, that they will be able to govern a Family well. They must endeavour to gain a
Competent

competent knowledge in Preserving, Conser-
ving, and Candying, making of Cates, and all
manner of Spoon-meats, Jellies and the like.
Also in distilling all manner of waters. They
must likewise endeavour to be careful in look-
ing after the rest of the Servants, that every
one perform the duty in their severall places,
that they keep good hours in their up-rising,
and lying down, and that no Goods be either
spoiled or embezelled. They must be care-
ful also, that all strangers be nobly and Civil-
ly used in their Chambers, and that your Ma-
ster or Lady be not dishonoured through neg-
lect or miscarriage of Servants. They must
likewise endeavour to have a competent
knowledge in Physick and Chiurgery, that
they may be able to help their maimed, sick
and indigent Neighbours; for commonly, all
good and charitable Ladies make this a part
of their House-keeper's business.

Directions for Distilling of Waters.

To make Aqua Mirabilis.

Take three pints of White-wine, of *A-*
qua Vita and juice of Celendine, of
each a pint; one dram of Cardamum, one
dram

dram of Mellilot-flower. Cubeds a dram; of Galingal, Nutmegs, Cloves, Mace, Ginger, of each a dram: mingle all these together over night; the next Morning, set them a stilling in a glass Limbeck. This admirable Water dissolveth the swelling of the Lungs, and restoreth them when perished: It suffereth not the Bloud to putrifie, neither need he or she to breath a Vein, that useth this excellent Water often. It cureth the Heart-burn, and expelleth Melancholy and Flegm, it expelleth Urine, and preserveth a good Colour in the Face, and is an utter Enemy to the Palsie. Take three spoonfuls of it at a time, Morning or Evening twice a week.

To make Dr. Stephens his Famous Water.

Take a Gallon of *Gascoin* Wine, of Ginger, Galingal, Cinnamon, Granes, Cloves, Mace Nutmegs, Anise-seeds, Caraway-seeds, Coriander-seeds, Fenil-seeds and Sugar, of every one a dram; then take off Sack and Ale, a quart of each: of Camomile, Sage, Mint, Red-Roses, Tyme, Pellitory of the Wall, wild Marjoram, wild Tyme, Lavender, Penny-Royal, Fenil Roots, and Setwal Roots, of each half a handful: then beat the Spice small, and bruise the Herbs, and put all together into the Wine, and so let it stand sixteen hours,

hours, stirring it now and then ; then distill in a Limbeck ; with a soft fire. Put the first pint of the Water by it self, for it is best.

The Principal use of this Water is against all old Diseases ; it preserveth Youth, comforteth the Stomach, cureth the Stone, of what nature soever, using but two Spoonfulls in seven days. It preserved Dr. Stephens ten years Bed-rid, that he lived to ninety eight years.

An excellent Water for the Eyes.

Take a new laid Egg and roast it hard, then cut the shell in the midst, and take out the yolk, and put some white Coperas where the yolk was ; then bind the Egg together again, and then let it lie till it begin to be a Water ; then take the white forth from both sides the Egg, and put the same into a glass of fair running Water, and so let it stand a while, then strain it through a fair Linen Cloth, and keep it close stopped in a glass ; and therewith wash your eyes morning and evening.

To make an excellent Plague Water.

Take a pound of Rue ; Rosemary, Sage, Sorel, Celandine, Mugwort, of the tops of Red Brambles, Pimpernel, Wild Dragons, Agrimony, Balm, Angelica of each

a pound : Put these together in a pot : then fill it with White-Wine above the Herbs, so let it stand four days ; then distil it in an Alembick for your use.

To make an excellent Surfeit Water.

Take Celandine , Rosemary , Rue , Pelitory of Spain , Scabious , Angelica , Pimpernel , Worm-wood , Mugwort , Betony , Agrimony , Balm , Dragon and Tormential, of each half a pound ; shred them very small, and put them into a narrow mouthed pot, and put to them five quarts of White-Wine ; stop it close, and let it stand three days and nights, stirring it morning and evening ; then take the Herbs from the Wine, and distil them in an ordinary Still ; and when you have distilled the Herbs, distil the Wine also ; wherein is Virtue for a weak Stomach. Take three or four spoonfuls at any time.

To make Angelica Water.

Take a handful of Carduus Benedictus , and dry it ; then take three ounces of Angelica Roots, one dram of Myrrh, half an ounce of Nutmegs, Cinamon , and Ginger, four Ounces of each, one dram and an half of Saffron ; of Cardonious , Cubebs , Gallin-gal and Pepper , of each a quarter of an ounce,

ounce, two drams of Mace, one dram of Grains, ; of *Lignum Aloes*, Spikenard, *Juncus Odoratus*; of each a dram; Sage, Borage Bugloss, Violets, and Rosemary flowers, of each half a handful: bruise them, and Steep them in a pottle of Sack twelve hours, and distil it as the rest.

To make Mint-Water.

Take two parts of Mint, and one part of Worm-wood, and two parts of Carduus; put these into as much new Milk as will soak them: Let them infuse five or six hours, then distil it as you do Rose-Water; but you must often take off the Head and stir the Water well with a stick. Drink off this Water a Wine-glass full at a time, sweetned with white Sugar to your Taste.

*To make a very good Cordial-Water,
without stilling.*

Take two quarts of Brandy, and keep it in a great Glass with a narrow mouth; put into it of Cloves, Nutmegs, Cinnamon, Ginger Cardamum-seeds, Coriander-seeds, Anise-seeds, Liquorish, of each of these half an ounce bruised; Long Pepper and Grains, of each one dram bruised, Elecampane one quarter of an ounce bruised: Let all these steep into the Brandy a fortnight; then pour

it out into a long Glass softly, so long as it will run clear: then put more Brandy into the Glass where the Ingredients are, and let that stand three weeks; and so long as you find there is any Strength in the Ingredients, still put in more Brandy, and let it stand every time longer and longer. Then take your first two quarts of Brandy which you poured off, and put in it four ounces of white Sugar-candy, and so much Syrup of Clove-Gilliflowers as will Colour it, with store of Leaf Gold: give two spoonfuls at a time. It is good in case of any Illness or Swounding to drive out any infection and venomous Humours.

To make Poppy Water.

Take of Red Poppies four pound, put to them a quart of White-Wine, then distil them in a common Still; then let the distilled Water be poured upon fresh flowers, and repeated three times; to which add two Nutmegs sliced, Red Poppy flowers a pugil, White Sugar two ounces; set it to the fire to give it a pleasing sharpness, and order it according to your taste.

To make Rose-Water.

Stamp the Leaves, and first distil the Juice, afterwards distil the leaves; and so you

you may dispatch more with one Still, than others with three or four; and this Water is every way as Medicinable as the other; serving well in all Decoctions and Syrups, though it be not altogether so pleasing to the Smell.

To make Spirits of Roses.

Bruise the Rose in his own juice, adding thereto, being temperately warmed, a convenient Proportion, either of Yeast or Ferment; leave them a few days to ferment, till they get a strong and heady Smell near like to Vinegar; then distil them, and draw so long as you find any scent of the Rose to come; then distil again so often, till you have purchased a perfect Spirit of the Rose. You may also ferment the juice of Roses only, and after distil the same.

To make an excellent Water,

Which comforteth the Vital Spirits, and helpeth the inward Diseases which come of Cold, as the Palsie, Contraction of Sinews; also it killeth Worms, and comforteth the Stomach; it cureth the Dropisie, helpeth the Stone and stinking Breath, and maketh one seem young.

To make this Take a Gallon of Gascoin Wine, Ginger, Gallinagall, Nutmegs, Granes,
Cloves

Cloves, Anise-seeds, Fenil-seeds, Carraway-seeds, of each one dram : Then take Sugar, Mint, Red Roses, Tyme, Pellitory, Rosemary, Wild Tyme, Camomile, and Lavender ; then beat the Herbs and Spices small, and put it all together into the Wine, and let it stand so twelve hours, stirring it divers times ; then distil it with a Limbeck, and keep the first Water, for it is best. Of a Gallon of Wine, you must not take above a quart.

Directions for the making of some of the choicest Receipts in Physick and Chyrurgery.

A Receipt for an Ague.

TAke the Root of a blew Lily, scrape it clean, and slice it, and lay it in soak all night in Ale ; and in the morning stamp it, and strain it, and give it the Patient to drink luke-warm, an hour before the Fit cometh.

To cure a Quartane Ague.

Take a white Flint-stone and let it lie in a quick Fire until it be red hot ; then take some small-Ber and quench it therein : When the Fit is coming, let the Diseased drink a good draught thereof, and another
in

in the midst of the fit ; Let this be done for several days both in the fit, and when the fit is coming. This is accounted an excellent Receipt.

A very good Receipt to Comfort the Stomach.

Take two ounces of old Conserve of Red Rose, and of Mithridate two drams ; mingle them together, and when you are going to bed, eat thereof the quantity of an Hazelnut. This will expel all flatulency, and windiness of the Stomach ; drives away raw Humours and venomous Vapours ; helpeth digestion, and dried up Rheum, and strengtheneth the sight and Memory.

To cure corns.

Take Beans, and chew them in your Mouth, and then tye them fast to your Corns ; and it will help. Do this at night.

For the Yellow Jaundis.

Take a green white Onion, and make a hole where the blade goeth out, to the bigness of a Chesnut ; then fill the hole with Treacle, being beaten with half an ounce of English Honey, and a little Saffron ; and set the Honey against the fire, and roast it well that the Onion do not burn ; and when

when it is roasted, strain it through a Cloth and give the juice thereof to the Sick three days together, and it shall help them.

For the Black Jaundise.

Take Fennil-seed, Sage, Parsly, Gromwel, of each a like quantity, and make Pottage thereof with a piece of good Pork, and eat no other meat that day.

For infection of the Plague.

Take a spoonful of Running Water, a good quantity of Treacle, to the bigness of an Halse-nut: Temper all these together, and heat it Luke-warm, and drink it every four and twenty hours.

For all Feavers or Agues in Sucking.

Take Powder of Crystall, and steep it in Wine and give it the Nurse to drink; also take the Root of Devil's Bit, with the Herb, and hang it about the Child's neck.

For the Head Ach.

Take Rose-cakes and stamp them very small in a Mortar, with a little Ale, and let them be dryed by the fire to a Pot-sheard, and lay it on the Nape of the Neck to Bedward.

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*An excellent Dyet-Drink, for the Spring,
purge and cleanse the Blood.*

Take of Scurvy gras half a peck, Broo-
lime, Watercresses, Agrimony, Maide-
hair, Liverwort, Burrage, Bugloss, Beton
Sage, Sweet-Marjoram, Sea Worm-wood
tops of green Hops, Fumitory of each
good handful, of Ivory, Harts-horn, and
yellow Saunders of each one ounce, Red-
dock roots two ounces, Puslain, Fennel, As-
paragus roots of each an ounce, of Raisins hal-
a pound, boyl these very well in a Gallon of
Beer, then stamp and strain them, and put
into it three Gallons of new Beer to worke
together.

*A good Receipt for the Dropsie, either Hot,
or cold.*

Take of tops of red Mint, of Archangel
or Blind Nettles, and red Sage, of either
small quantity, stamp them together and
strain the juice of them into some stale Ale
so much as will serve to drink morning and
evening. Do this for ten days together, and
God willing it will effect the cure.

Another most excellent for the Dropsie.

Take green broom and burn it in some
clean place, that you may take the ashes of

it, take ten or twelve spoonfuls of the same
g, to wash, and put them in a pint of White-wine,
till the vertue thereof be in the Wine, then
rook-cool it and drain the Wine from the dregs,
iden and make three draughts of the Wine, one
tony, fasting in the morning, the other at three in
wood the afternoon, and the other when you go
ach to bed: This seldom fails of the desired
and effect.

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How to prevent the Tooth-ach.

Wash your Mouth once a week in White-
wine, in which Spurge hath been boyled,
and you shall never be troubled with the
Tooth-ach.

Her,

A Present Remedy for the Tooth-ach.

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If your Tooth be hollow and paineth you
much, take of the herb called Spurge and
squeeze it, and mingle wheat flower with the
milk that issueth from it; with this make a
paste, and fill the Cavity of your Tooth
therewith, and leaving it there a while, you
must change it every two hours, and the
Tooth will drop out of it self.

A good Receipt for the Stone and Gravel.

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Take a hard row of an red Herrring, and
ry it upon a Tile in an Oven, then beat it
powder, and take as much as will lie up-

on six pence every morning fasting made of Rhenish wine.

For the griping in the Guts.

Take Anise-seeds, Fennel-seeds, Bay Berries, Juniper-berries, Tormentil, Bistort, Balau-
stins, Pomegranate Pills, each one ounce,
Rose leaves a handful, boyl them in Milk,
strain it and add the yolk of an Egg, six
grains of *Laudanum* dissolved in the Spirit of
Mint, prepare it for a Glister and give it
warm.

The Plaister of Plaisters.

Take of Roses beaten to Powder two
pound and an half, Heifers tallow two
pound and a quarter, dry it with a gentle
fire and cleanse it, when it is cold, scrape a-
way the dross from the bottom, and melt
in a brass Vessel, then strew in the Rosin
by handfuls, and stir it with a willow Spa-
tula, continually stirring it until it be all
stirred and melted, then have ready a ba-
son of Pewter and in it of water of Cham-
mil, of English Briony Root, and of Da-
mask-Rose-water, of each eight ounces with
Powder of salt of Worm-wood, Salt of Tar-
tar, Salt of Scurvy-grass, Vitriol, Camph-
rete of each one ounce and a half, then
pour in the melted body, and stir it with

the *Stomach* round continually, until the Body seemsingly swallowed up all the Salt and *Humors*, continue it stirring until the water is clear, and thus work it till the Body be as white as Snow, then let it stand a month in the Water covered from dust, and when you use it let it not come near any fire, but work a little at a time until it be as white as Snow on the Brawn of your hand, over against your little Finger, spread it on a linnen Cloth or Leather, for the best Plaster in the World, for the Reins in all Accidents, and for all bruises and great Conclusions, &c.

For the Falling Sickness or Convulsion Fits.

Take the dung of a Peacock, make it into Powder, and give so much of it to the Patient as will lie upon a shilling, in a little saccorry water fasting.

For the Worms in Children.

Take Worm-seed and boyl it in Beer or Ale, and sweeten it with a little clarified Honey, and then let them drink it.

For a dry Cough.

Take Anise-seeds, Ash-seeds, and Violets, and beat them to Powder and stamp them, (of each a like quantity) then boyl them to-

gether in fair water till it grows thick, then put it up and let the patient take thereof morning and evening.

For the Itch.

Take the juice of Penny-Royal, the juice of Savine, Scabious, the juice of Sage, the juice of Pellitory, with some Barrows Grease and black Soap. Temper all these and make a Salve, and with it anoint all your joynts.

For Deafness.

Take Wild mint, mortifie it and squeeze it in the hand till it rendreth juice, then take it with its juice and put it into the ear, change it often, this will help the deafness if the Person ever heard before.

*To make Oyl of St. Johns-wort, good
for any Ach or Pain.*

Take a quart of Sallet Oyl, and put thereto a quart of the flowers of St. Johns-Wort well picked, let them lie therein all the Summer, till the seeds of that herb be ripe, the glass must be kept warm, either in the Sun or in the water all the Summer till the seeds be ripe, then put in a quart of St. Johns-Wort seed, and so let it stand twelve hours, the glass being kept open then

then must you boyl the oyl eight hours, the water in the pot full as high as the Oyl in the Glass, when it is cold strein it that the seed remain not in it, and so keep it for your use.

*To make an Ointment for any Wound,
or Sore.*

Take two pound of Sheep suet or rather Deer suet, a pint of Candy oyl, a quarter of a pound of the newest and best bees wax, melting them all together and stirring them well, and put them to one ounce of the oyl of Spike, and half an ounce of the Goldsmiths Burras, then heat them again and stir them all together, put it up in a Gally-pot and keep it close stopped till you have cause to use it; this is an approved ointment for any wound or sore new or old.

A Cear-cloth for all Aches.

Take Rosin one pound, Perresin a quarter of a pound, as much Mastick, Deer suet the like, Turpentine two ounces, Cloves bruised one ounce, Mace bruised two ounces, Saffron two drachms boyl all these together in oyl of Chamomil, and preserve it for your use; this has done many good when nothing else would.

*A most excellent Balsam for Wounds,
and other things.*

Take of *Venice-Turpentine* one pound, of Oyl of Olive three Pints, yellow Wax halfe pound, of Natural Balsam one ounce, Oyl of *St. Johns-Wort* one ounce, of Red Saunders one ounce, six spoonfulls of Sack; cut the Wax, and melt it on the fire, then let it catch on the fire; take it off, and put in the Turpentine to it, having first washed the *Venice-Turpentine* thrice with Damask-Rose-water; and having mingled your Sallet-Oyl with the Sack, put also the Oyl to them, and put them on the fire, and stir it till it begin to boyl; for if it boyl much, it will run over speedily: then suffer it to cool for a night or more, until the Water and Wine be sunk all to the bottom: then make some holes in the Stuff, that the Water may run out of it; which being done, put it over the fire again, putting to it the Balsam and the Oyl of *St. Johns-Wort*; and when it is melted, then put the Saunders to it; stir it well, that it may incorporate; and when it first begins to boyl take it of the fire, and stir it the space of two hours, till it be grown thick. Then put it up, and keep it for your use, as most precious, for thirty or forty years or more.

The

The Virtues of this most excellent Balsam are many.

1. It is good to heal any Wound inward or outward being squirted warm into the inward, Wound being applyed to the outward Wound with fine Lint or Linen, anointing all those parts thereabouts; it not only taketh away the Pain, but also keepeth it from any Inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the Brains or inwards, as the Liver, Guts, nor Heart be not troubled, it will heal it in four or five days dressing, so that nothing else be applyed thereunto.

2. It healeth any burning or scalding, and healeth also any bruise or cut, being first anointed with the said Oyl, and a piece of Linen Cloth or Lint dipt in the same, being warmed and laid unto the place, it will heal it without any Scar remaining.

3. it helpeth the Head-Ach, by anointing the Temples and Nostrils therewith.

4. It is good against the Wind-Colick, or Stitch in the side, applyed thereto warm with hot Cloths morning and evening, at both times you may use a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other beast.

6. It is good against the Plague, anointing only the Nostrils and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula or an Ulcer being never so deep in any Part of the body, being applied as afore said is directed for a cut.

8. It is good against Worms or Canker, being used as in a cut, but it will require longer time to help them.

9. It is good for one infected with the Plague or Meazles, so as it be presently taken in warm broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It helpeth digestion, anointing the Navel and Stomach therewith when the party goeth to bed, it will stanch any Blood of a great wound, by putting a Plaister of Linen therein, and tying it very hard.

11. Take the quantity of a Nutmeg in sack blood-warm and sweat thereon, it bringeth forth all manner of clotted Blood, and taketh away all Aches.

12. It also healeth the Rose-Gout and Scabby.

13. It helpeth all pains of Womens breasts all chops, or wols, that cometh with a bruise.

14. It helpeth the small Pox being anointed therewith without any scar.

15. It helpeth all Sprains and Swellings, and indeed I cannot tell what comes amiss to it.

How to help a Stinking breath, which comes from the Stomach.

Take two handfuls of Cummin-seeds and beat them to powder, and seeth it in a pottle of White-wine until half be boyled away, then give the party a good draught thereof morning and evening as hot as he can suffer it, and in fifteen or sixteen days it will help him.

To make the leaden Plaister.

Take two pound and four ounces of Oyl of Olive of the best, of good red-lead one pound, of white-Lead one pound well beaten to dust, twelve ounces of Spanish soap, and incorporate all these very well together in an earthen pot well glazed before you put them to boyl, and when that they are well incorporated that the soap cometh upwards put it upon a small fire of Coals, continuing it on the fire, the space of an hour and an half, still stirring it with an Iron ball upon the end of a stick, then make the fire something bigger, until the Redness be turned into a gray Colour, but you must not leave stirring till the matter be turn'd into the Colour.

lour of Oyl or somewhat darker, then drop it upon a wooden Trencher, and if it cleave not to the Finger it is enough, then make it up into Rolls; it will keep twenty years; the older the better.

The Virtues of this Plaister are several;

1. If it be laid upon the Stomach it provoketh Appetite, and taketh away any grief in the Stomach.

2. Being laid on the Belly it is a present Remedy for the Colick.

3. If it be laid to the Reins of the Back, it is good for the Bloody-Flux, Running of the Reins, Heat of the Kidneys, and weakness of the Back.

4. It healeth all Swellings, Bruises, and taketh away Aches.

5. It breaketh Fellons, Pusshes, and other Imposthumes and healeth them.

6. It draweth out any running Humours, without breaking the Skin.

7. Being applied to the Fundament it healeth any disease there growing.

8. Being laid to the Throat it is good for the Ulvula, it breaketh the Head-ach, and is good for the Eyes.

For the Wind Colick.

Take the flowers of Walnuts and dry them

them to powder, and take of them in your Ale or Beer, or in your Broth as you like best, and it will help you.

Thus have I given you some short but suitable Directions, for the qualifying you either as Waiting-Gentlewomen, to a Person of Honour or Quality, or otherwise to serve them as House-keepers, which qualifications if you will endeavour to attain unto, you will raise your self much both in esteem and Fortune. Ladies will much covet and desire your Company, let you have the Honour to sit at Table, and have Command in the house: You will gain respect from the the rest of the Servants, you will wear good Cloths, and have a considerable Salary.

I shall now give some Directions to Servants of a lower Rank.

Dire-

*Directions for such who desire
to be Chamber-Maids, to Per-
sons of Honour or quality, or Gen-
tlewomen, either in City or Country*

Would you endeavour to fit your self
for this employment, that you
may be capable of serving a person of Ho-
nour or quality, you must in the first place
learn to dress well, that you may be able to
supply the place of a Waiting Woman,
should she chance to fall sick or be absent
from your Lady, you must also learn to wash
fine linen well, and to starch Tiffanies,
Lawns, Points and Laces, you must like-
wise learn to mend them neatly, and wash
white Sarfenets with such like things. Then
you must learn to make your Ladies Bed,
well, soft, and easie, to lay up her Night-
cloths, and see that her Chamber be kept
neat and clean, and that nothing be want-
ing which she desires or requires to be done.
Then you must learn to be modest in your
deportment or behaviour, to be ready at
her

her call, and to be always diligent, never answering again when she taketh occasion to reprove you, but endeavour to mitigate her anger with pacifying words. Be loving and courteous to your fellow Servants, not giggling or idling out your time or wantoning in the society of men, you will soon find the benefit thereof. For an honest and sober man will rather make that woman his wife, whom he seeth employed continually about her business, than one who makes it her business to trifle away her own and others time. Neither will a vertuous and understanding Mistress, long entertain such a Servant whom she finds of such a temper. Be not subject to change, but still remember that a rolling stone nevergetteth moss, and as you gain but little money, so if you tumble up and down you will gain but little credit.

If you would fit your self to serve a Gentlewoman only (either in City or Country) you must not only learn how to dress, wash and starch very well, all manner of Tiffanies Lawns, Points, and Laces, and to mend the same; but you must learnto work all sorts of Needle-work, and plain work, to wash black and white Sarfenets, you must know how to make all manner of Spoon-meats, to raise Paste, to dress meat well (though not often

often required thereunto) to make Sawces
both for Fish and Flesh, to garnish dishes, to
make all sorts of Pickles, to see that every
thing be served in well and handsomely
the Table in due time, and to wait with
graceful Decorum at Table if need should
require, keep your Mistress's Chamber clean
and lay up every thing in its due place. You
must also learn to be skilful in buying any
thing in the Market if you be entrusted
therewith, if there be no Butler in the House.
You must see that all things be decent and
fitting in the Parlour and Dining-Room.
you must endeavour to take off your Mis-
tress from all the care you can, giving to
her a true and just account of what money
you lay out for her, shewing your self thrifty
in all your disbursements. Be careful in o-
ver-looking Inferiour Servants, that they
wast nothing which belongs to your Ma-
ster and Mistress. Lastly, you must learn
to be diligent to perform whatsoever your
Mistress commands you, to be neat in your
Habit, modest in your Carriage, silent when
she is angry, willing to please, quick and
neat handed about what you have to do.
If you attain to these qualifications, and
be of an humble good Disposition, you will
deserve a good Salary, and a great deal of
respect, which that you may do I shall give
you

you some short Directions for starching of Tiffany, for making clean Points and Laces, for washing and starching Points, for washing of Sarfenets white or black, and the like also for raising of Paste, making of Spoon-meats, Sawces, and Pickles.

Directions for starching of Tiffany.

SOap not your Tiffany save only on the Hems or Laces with Crown Soap, then wash them very well in three Ladders pretty hot, and let your last Ladder be made thin of the Soap, do not Rinse them nor wring them hard, then dry them over Brimstone, and keep them all the time from the Air for that will spoil them. Then make your starch of a reasonable thickness, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Allum as an Haste-nut, boyl it very well and strain it, and while it is hot wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying. Then with your hands clean and dry them, then hold your Tiffanies to a good fire till they be thorow hot, then clap them and rub them between your hands from the fire, till you see they be very clear, then shape them by

by a piece of Paper, cut out by them before they were washed, and iron them with a good hot iron, and then they will look glossy like new Tiffany.

Thus you may starch Lawns, but observe to iron them on the wrong side, and upon Cloth wetted and wrung out again, some time (if you please instead of Starch) you may lay Gum Arabick in Water, and when it is dissolved wet the Lawns in that instead of starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very clear.

*Directions for Washing White
Black Sarsenets.*

Let them be very smooth and streight upon a board, and if there be any dirty places soap them a little, then take a little hard brush and soap it well, then dip the brush in water, and with it make a pretty thick Ladder, then take the brush and rub your Sarsenet well, the right way of the Sarsenet, sideways of the brush, and when you have washed one side well, turn it and wash the other. Then have a clean Ladder scaling hot, and cast your hoods in double into it and cover it, and still as fast as you

wash them cast them into that, you must give them three good washes upon the board, and after the first Ladder let the other be very hot, and cast them in a scald every time, then make up a scalding hot Ladder, into which put some Gum Arabick steeped before in water, and some smalt to blew it a little, let them be doubled up in that, close covered for one hour, when you come for to take them out be sure you dip them very well all over, and then fold them up to a very little Compass, and squeeze them smooth betwixt you hands, then smoak them over Brimstone, then draw them between your hands every way till they be little more than half dry, then smooth them with good hot Irons the same way you did wash them, and upon the right side of the Sarfenet.

To wash Coloured Silk.

They are done the same way with the white, only there must be no blew nor smoaking over Brimstone.

To wash Black Sarfenets.

They are washed the same way with the other, only rins'd in strong Beer cold, without any Gum, and iron'd upon the wrong side and on a woollen Cloth.

To

To Wash Silk Stockings.

Make a strong Ladder with Soap, a pretty hot, then lay your Stockings on a Table, and take a piece of such Cloth as the Seamen use for their Sails, double it up and rub them soundly with it, turn them first on one side and then on the other, till they have passed through three Ladders, then Rinse them well; and hang them to dry with the wrong side outwards, and when they are near dry, pluck them out with your hands and smooth them with an Iron on the wrong side.

To make clean Points and Laces.

Take white bread of half a day old, and cut it in the middle, and pare the Crust round the Edge, so that you may not hurt your Points when you rub them, then lay them upon a Table on a clean Cloth, and rub them very well with the white bread all over, then take a clean little brush and rub over the bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the bread clean off, then take a clean linen Cloth and gently flap it over oftentimes. Thus you may get the soyl off from white Sattin, Taffety, Tabby, or any Coloured Silk, provided

It be not greasie, nor too much soiled.

Direction to Wash and starch Points.

TAKE your Points and put them into a Tent, then make a strong Ladder with the best Soap you can get, then dip a brush in that Ladder, and soundly rub your Points on both sides, so do till you have washed it in your Ladders, then wash it in fair water alone, then wash it in blew water, and when you have so done take starch made thin with water, and with your brush on the wrong side wash it over with it, so let it dry, then lay your Tent upon a Table and with an ivory Bodkin made for the purpose, run into every close and narrow part of it, to open it betwixt the gimp or over-cast, likewise into every ilet Hole, to open them.

For the Laces, after you have pulled them out well with your hands, you must Iron them on the wrong side: Let the water be warm wherewith you make your Ladder, when you take them out of the Tent. Iron them on the wrong side, let not the water be too blew with which you wash them.

To

To make clean Gold and Silver Lace.

Take the Lace off from your Garment and lay it upon a Table, and with a brush rub it over very well with burnt Allum beaten fine, till you find it to become of the right Colour; then shake it very well and wipe it very well with a clean linen Cloth often times over.

To get spots of Ink out of linen Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine as if you were washing in water; then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the Steins of Fruits out of any Linen Cloth.

Take them before they are washed, and with a little butter rub every spot well, then let the cloth lie in scalding hot milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in water and soap.

To take out any greasie Spots out of Silk, Stuff or Cloth.

Take a linen Rag and wet it very well

a fair water, then with a pair of Tongs
 put a live Sea-coal or Wood-coal upon the
 Rag, and hastily close the rest of the Rag a-
 bout the Coal, and presently lay it upon the
 greasie spot whilst it is smoaking hot, and
 when you perceive it to cool do so again,
 and so do till you find the Spots are quite ta-
 ken out.

How to make clean Plate.

Wash your plate first in soap suds and dry
 it, then if there be any spots rub them out
 with Salt and Vinegar, then anoint your plate
 all over with Vinegar and Chalk, then lay it
 in the Sun or before the fire to dry, then rub
 it off with warm linen Cloths, very well
 and it will look like new.

How to keep the Hair clean and preserve it.

Take two handfuls of Rosemary, and
 boyl it softly in a quart of Spring water, till
 it comes to a pint, and let it be covered all
 the while, then strain it out and keep it; e-
 very morning when you comb your head, dip
 a Sponge in the water and rub up your Hair,
 and it will keep it clean and preserve it, for it
 is very good for the Brain and will dry up
 Rheum.

To Wash the Face.

- There is no better thing to wash the Face with, to keep it smooth and to scow clean, than to wash it every Night with Brandy, wherein you have steeped a little flow of Brimstone, and the next day wipe it off with a cloth.

To make a Salve for the Lips.

Take two ounces of white Bees wax, slice it thin, then melt it over the fire, with two ounces or more of Sallet-Oyl, and a little white Sugar Candy, and when you see it is well incorporated, take it off the fire and let it stand till it be cold, then set the Skillet on the fire again, till the bottom is warm and so turn it out, anoint your Lips, or sores on the Nose, or sore Nipples with this, and it will heal them.

To keep the Teeth clean and sound.

Take common white Salt one ounce, much Cattle-bone, beat them together and rub your Teeth with them every Morning and then wash them with fair Water.

To make the Hands white and soft.

Take Daffadil in clean Water till it grow thick, then put thereto Powder of Cantarides.

um and stir them together, then put there
two Eggs, and stir them well together, and
with this Ointment anoint your hands, and
within three or four days using thereof, they
will be white, clear and soft.

*To smooth the Skin and take away
Morphe and Freckles.*

Anoint your face with the Bloud of a Hare
or a Bull, and this will take away Morphe
and Freckles, and smooth the Skin.

*Directions for making of Custards, Cheesecakes,
Raising of Paste and making
Tarts and Pyes.*

To make Custards.

TAKE a quart of Cream and boyl it well
with whole Spice, then beat the yolks of
ten Eggs and five Whites, mingle them with
a little Cream, and when your Cream is at
most cold, put your Eggs into it and stir them
very well, then sweeten it, and put out your
Custard into a deep Dish altogether, or else
into several small China Cups or Dishes, in
Coffee-dishes and bake them, then if you please
you may serve them in with French Comfits
crow'd on them or without.

To make Cheesecakes.

Take two Gallons of new Milk, put to it two spoonfuls and a half of Runnet, heat the Milk little less than Blood warm, and cover it close with a Cloth till you see the Cheese be gathered, then with a scumming Dish gently take out the Whey, when you have drained the Curd as clean as you can, put it into a Sieve, and let it drain very well there, then to two quarts of Curds, take a quart of thick Cream, a pound of sweet Butter, twelve Eggs, a pound and an half of Currants, a Penny-worth of Cloves, Nutmeg and Mace beaten; half a pound of good Sugar, a quarter of a pint of Rose-water, mingle it well together, and put it into Puff-paste.

How to make Puff-paste.

Break two eggs in three pints of Flower, make it with Cold water, then Rowl it out pretty thick and square. then take so much Butter as Paste, and divide your Butter into five pieces, that you may lay it on at five several times, Rowl your paste very broad and break one part of the said Butter in little pieces all over your Paste, then throw a handful of Flower slightly on, then fold your Paste and beat it with a Rowling-pin.

and for Row it out again, this do five times
and then take it up.

*How to make Paste for all manner of Tarts.
and Pyes.*

Take very sweet butter and put it into fair
water, and make it boyl on the Fire, then
take the finest flower you can get, and mix
them well together till it come to a Paste, and
so raise it, but if you doubt it will not be thick
enough, then you may mix some yolks of
Eggs with it, as you temper all your Stuff
together.

To make Almond Tart.

Raise an excellent good Paste with six Cor-
ners an inch deep, then take some blanched
Almond very finely beaten with Rose water,
take a pound of Sugar to a pound of Almonds
some grated Nutmeg a little Cream and
strained Spinage, as much as will cover the
Almonds, green, so bake it with a gentle heat
in an Oven not shutting the door, draw it and
glaze it with Candied Orange, Citron and put
in red and White Muscadine.

To make a Cowslip Tart.

Take the Blossoms of a Gallon of Cow-
slips, mince them exceeding small and beat

them in a Mortar, put to them a handful of two of grated Naples Bisquet, and a pint and a half of Cream, boyl them a little on the Fire, then take them off, and beat in eight Eggs with a little Cream; if it doth not thicken, put it on the Fire till it doth gently but take heed it Curdles not, season it with Sugar, Rose-water, and a little Salt, bake it in a dish or little open Tarts, it is best to let your Cream be cold before you stir in the Eggs.

To make an Artichoke Pye.

Take the Bottom of six Artichokes, and boyl them very tender, put them into a dish and some Vinegar over them, season them with Ginger and Sugar, a little Mace whole and put them into a Coffin of paste, when you lay them in, lay some Marrow and Date sliced, and a few Raisins of the Sun in the bottom with good store of Butter, when it is half baked take a Gill of Sack being boyled first with the Sugar and a peel of Orange, put it into the Pye and set it into the Oven again till you use it.

To make Marrow Pasties.

Shred the Marrow and Apples together and put a little Sugar to them, put them into Puff-paste, and fry them in a pan.

fresh Butter, and serve them up to the Table with a little white Sugar strowed on them.

To make a Calves-foot Pye.

Boyl your Calves-feet very well, and then pick all the Meat from the Bones, when it is Cold, shred it as small as you can, and season it with Cloves and Mace, and put it in good store of Currants, Raisins and Prunes, then put it into the Coffin with good store of sweet Butter, then break in a whole stick of Cinnamon and a Nutmeg sliced, and season it with Salt, then close up the Coffin and only leave a Vent-whole, put in some Liquor made of Verjuice, Cinnamon and Butter boyled together, and so serve it.

To make an Eel Pye with Oysters.

Wash your Eels and gut them, and dry them well in a Cloth, to four good Eels allow a pint of good Oysters well washed, season them with Pepper, Salt, and Nutmeg, and large Mace, Put half a pound of Butter into the Pye, and half a Limon sliced, so bake it, when it is drawn, take the yolks of two Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh Butter, melt it and mix all

together and make a Leer of it, and put it in to the Pye.

To make a Lamb Pye.

First cut your Lamb into peices, and then season it with Nutmegs, Cloves, and Mace, and some Salt with Currants, Raisins of the Sun, and sweet Butter. If you would eat it hot, when it is baked put in the yolks of Eggs, with Wine-Vinegar and Sugar beaten together, but if you will eat it cold put in no Eggs but only Vinegar and Sugar.

To make an Egg Pye, or a Minced Pye of Eggs.

Take the yolks of two dozen of Eggs hard boyl'd and shred them, take the same quantity of Beef suet, half a pound of Raisins, a pound of Currants well washed and dried, half a pound of Sugar, a Penny worth of beaten spice, a few Carraway-seeds, a little Candied Orange-peel shred, a little Verjuice and Rose-water, fill the Coffin and bake it with a gentle heat.

To make a Herring Pye.

Put great store of sliced Onions, with Currants and Raisins of the Sun, both above and under the Herrings, and store of Butter, put them into your Pye and bake them.

To make a Quince Pye.

Take a Gallon of flower, a pound and a half of Butter, six Eggs, thirty Quinces, three pound of Sugar, half an ounce of Cinnamon, the like of Cloves, the like of Ginger, a little Rose-water, make them up into a Tart, and being baked strow on them a little double refined Sugar.

To make an Humble Pye.

Lay Beef suet minced on the bottom of the Pye, or slices of interlarded Bacon, and cut the Humbles as big as small Dice, cut your Bacon in the same form, and season it with Nutmeg, Pepper and Salt, fill your Pyes with it with slices of Bacon and Butter, close it up and bake it, Liquor it with Claret, Butter and stript time, and so serve it up.

To make a Venison Pastie.

When you have Powdered your haunch of Venison or the sides of it, by taking away all the Bones, Sinews, and Skin, and Fat, season it with Pepper and Salt only, beat it with your Rowling-pin, and proportion it for the Pastie, by taking away from one part and adding to another, your Paste being made with a peck of fine Flower, and

three pound of Butter and twelve Eggs, work it up with cold water as stiff a Paste as you can, drive it forth for your Pastry, let it be as thick as a mans Thumb, Rowl it up upon a Rowling-pin, and put under it a couple of sheets of Cap-paper, then your white being already minced and beaten with water, Proportion it upon the Pastry, to the bredth and length of the Venison, then lay your Venison in the said White, wash it round with a feather and put on a Border, season your Venison on the top, and turn over your other Leaf of Paste, so close up your Pastry, then drive out another Border for garnishing the sides up to the top of the Pastry, so close it together by the Rowling-pin, by Rowling it up and down by the sides and ends, and when you have flourished your garnishing and edged your Pastry, vent it at the top, set it in the Oven and let it have four or five hours baking at the least, and then draw it.

To make a Beef Pastry like Red Dear.

Take fresh Beef of the finest without Sinews or Suet, and mince it as small as you can, and season it with Salt and Pepper, and put in two spoonfuls of Malmsie, then take Lard and cut it into small Pieces and lay a layer of Lard and a layer of Beef and lay a
shin

Servant Maid.

81

thin of Beef upon it like Venison, and so close it up.

To make an Oyster Pye.

First dry your Oysters, and then put them into your Coffin, with some Butter, and whole large Mace, and then bake it, then take off the Lid and fill it up with more Butter, putting some of the Liquor of the Oysters also thereunto, then season it well with Sugar and serve it up.

To make a Goose Pye.

Break the Bones of your Goose, then Parboyl him, then season him with Pepper and Salt, and a little Cloves and Mace, if you please you may bake a Rabbet or two in it, because your Stubble-Geese are very fat and your Rabbits dry, you need not Lard either, bake it in good hot Butter paste.

To make a Veal Pye.

When your paste is raised cut your Leg of Veal into pieces, and season it with Pepper, Nutmeg and Salt, with some whole large Mace and so lay it into your prepared Coffin, with good store of Raisins of the Sun and Currants and fill it up with Sweet Butter, then close it and set it in the Oven, and when baked serve it in.

To make an Eel Pye.

Wash, flea and cut your Eels in pieces, put to them a handful of Sweet Herbs, Parsley minced with an Onion, season them with Pepper, Salt, Cloves, Mace and Nutmegs; and having your Coffin made of good Paste, put them in and strew over them two handfuls of Currants, and Limon cut in slices, then put on Butter and close the Pye, when it is baked put in at the funnel a little sweet Butter, White-wine and Vinegar, beat up with a couple of yolks of Eggs.

To make a Warden or Pear Pye.

Bake your Wardens or Pears in an Oven with a little Water, and a good quantity of Sugar; let your pot be covered with a piece of Dough, let them not be fully baked by a quarter of an hour, when they are cold make an high Coffin, and put them in whole, adding to them some Cloves, whole Cinnamon, and Sugar with some of the Liquor in the pot, so bake them.

To make a Quodling Tart.

Take green Quodlings from the Tree, and quodle them in scalding water without breaking them, Peel the skin from them, and divide them into halves, and cut out the
Core

Servant Maid.

83

Cores, and lay them into the Coffin, then put in a good handful of Quinces sliced, a little Oringado, and a good quantity of Sugar, a little Rose-water, then close it up and bake it well.

To make a Gooseberry Tart.

When your Gooseberries are picked and washed, then boyl them in water till they will break in a spoon, then strain them and beat half a dozen Eggs, and stir them together upon a Chafing-dish of Coals with some Rose-water, then sweeten it very well with Sugar, and always serve it cold.

To make an excellent Minc'd Pye.

Parboyl Neats Tongues, then Peel and hash them with as much as they weigh of Beef suit, and stoned Raisins, and picked Currants, chop all exceeding small that it be like pap, then mingle a very little Sugar with them, and a little Wine and thrust it up, and throw in some thin slices, of Candied Citron peel, and put this, into Coffins of fine light well reared Crust, half an hours baking will be enough. If you strew a few Carraway Comfits on the pot it will not be amiss.

To

To make a Pidgeon Pye.

Truss your Pidgeons to bake, and set them, and Lard one half of them with Bacon, mince a few sweet Herbs and Parsly with a little Suet, the yolks of hard Eggs and an Onion or two, season it with Salt, beaten Pepper, Clove, Mace, Nutmegs, work it up with a piece of Butter, and stuff the Bellies of the Pidgeons, season them with Salt and Pepper as before, take also as many Lamb-stones seasoned as before, with six Collops of Bacon, the Salt drawn out, then make a large Coffin and put in your Pidgeons, and if you will, put in Lamb-stones and Sweet-breads, and some Artichoke bottoms or other dry Meat to soak up the juice, because the Pye will be very sweet and full of it, then when it comes out of the Oven, put in a little White-wine beat up with the yolk of an Egg.

To make a Pippin Tart or Pye.

Pare your Pippins and cut out the Cores, then make your Coffin of good Crust, take a good handful of Quinces, sliced, and lay at the bottom, then lay your Pippins a top, and fill the Holes, where the Cores were taken out with Syrup of Quinces, then put in Sugar and so close it up, let it be very well baked,

baked, for it will ask much soaking, especially the Quinces.

Directions for making of Spoon-meat, as Caudles, Broths and Fellies.

TAKE a Pint and a half of the strongest Ale may be gotten, twenty Jordan Almonds clean wiped, but neither washed nor blanched, with two Dates minced very small and stamped, then take the pith of young Beef the length of twelve Inches, lay it in water till the blond be out of it, then strip the skin off it and stamp it with the Almonds and Dates; then strain them all together into the Ale, boyl it till it be a little thick, give it the party in a Morning fasting to drink six spoonfuls, and as much when they go to Bed.

To make an Almond Caudle.

Take three Pints of Ale and boyl it with Clove and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a Pint of White-wine, and thicken the Ale with it: sweeten it if you please, but be sure to scum it well when it boyls.

To

To make a Cordial strengthening Broth.

Take a red Cock; strip off the Feathers from the skin, then break the Bones to shivers with a rowling Pin, set it over the fire and just cover it with water, put in some Salt and wash the scumming and boyling off it. Put in a handful of Harts-horn, a quarter of a pound of blew Currants, and as many Raisins of the Sun stoned, and as many Prunes, four blades of large Mace, a bottom Crust of White Loaf, half an ounce of China-Root sliced, being steeped three hours before in warm water, boyl in it three or four pieces of Gold, strain it and put in a little fine Sugar, and juice of Orange; and so use it.

To make China Broth.

Take an ounce of China-Root clipp'd thin, and steep it in three pints of water all night or embers covered, the next day take a good Chicken clean picked, and the Guts taken out, put in his Belly Agrimony and Maiden-hair, of each half a handful, Raisins of the Sun stoned one good handful, and as much French Barley, boyl all these in a Pidkin close covered on a gentle fire, for six or seven hours, let it stand till it be cold, strain it and keep it for your use, take a good draught

In the morning, and at four in the Afternoon.

To make a Flummery Caudle.

When Flummery is made and cold, you may make a pleasant and wholesome Caudle with it, by taking some lumps and spoonfuls of it and boyl it with Ale and White-wine, then sweeten it to your Taste with Sugar, there will remain in the Caudle some lumps of congealed Flummery, which are not ungrateful.

To make Jelly of Harts-horn.

Take four ounces of the shaving of Harts-horn of the inside, and two quarts of Water, put this into a Pipkin and boyl it very gently till it come to a quart, the Harts-horn must be steeped three or four hours first, afterwards put a little into a Sawcer till it be cold and if it be cold and jellieth it is boyled enough, then being warm take it off the fire and strain it hard thorow a Cloth, and set it a cooling till it be a hard Jelly, then take two Whites of Eggs and beat them very well, with a sprig of Rosemary or Birch, but not with a spoon, till a water come at the bottom then put these beaten Eggs and the water thereof into a Skillet, and all the jelly upon it, with three spoonfuls of Damask Rose-water,

water and a quarter of a pound of Sugar, and when it boyls stir and lay it pretty well, then strain it thorow a Cloth, and let it Cool, and of this take four spoonfuls in a Morning fasting, and at four a Clock in the Afternoon, and this is very good for the weakness in the Back.

To make Cock-Broth, very good for Weak People.

Take a good Cock, pluck, draw, and wash him very well, and bruise his Legs, boyl him in a little water and Salt very well for one hour, then add some water wherein Mutton hath been boyled, and put in a quarter of a pound of French Barley or Rice, which you please, with some Tyme, Winter-Savory, and a little Limon-Peel, a little Large Mace and sliced Nutmeg with a Clove or two, when it is clean scum'd let it only stew till it be enough, then take up the Cock for a while and boyl the Broth very well, then put him in again, and heat him thorowly, then serve him into the Table, and Garnish your Dish with Limons and Barberries.

To make White Broth of Chicken or Capon.

First boyl the Capon or Chicken in water and

and Salt, then take three Pints of strong Broth and a quart of White-wine, and strew it in a Pipkin with a quarter of a pound of Dates, half a pound of fine Sugar, four or five blades of large Mace, the marrow of three Marrow-bones, a handful of White Endive, stew these in a Pipkin very leisurely, that it may but only simmer, then being finely stewed and the Broth well tasted, strain the yolks of ten Eggs with some of the Broth ; before you dish up the Capons or Chickens, put the Eggs into the Broth and keep it stirring that it may not Curdle, give it a warm and set it from the Fire, the Fowls being dished up, put out the Broth, and garnish the Meat with Dates, Marrow, large Mace, Endive, preserved Barberries, Orange, boyled Skirrets, Pomegranates and Kernels, make a Leaf of Almond Paste and Grape Verjuice.

Directions for making of Pickles and Sawces.

How to Pickle Broom-buds.

TAKE as many Broom-buds as you please, make Linen bags and put them in and tye them close, then make some Brine with water and Salt and boyl it a little, let it be cold,

cold and put some Brine in a deep earthen pot, and put some bags in them and lay the weight on them, let it lye there till it looks black, and shift it again still as long as it looks black, boyl them in a little Cauldron and put them in Vinegar a week or two, and they will be fit to eat.

To Pickle Cucumbers.

Wash your Cucumbers clean, and dry them in a Cloth, then take some water, Vinegar, Salt, Fennel-tops and some Dill-tops and a little Mace, make it salt enough and sharp enough to the Taste, then boyl it a while, and then take it off and let it stand till it be cold then put in the Cucumbers, and lay a board on the top to keep them down, and tie them up close, and within a week they will be fit to eat.

To Pickle Artichoke Bottoms.

Take the best Bottoms of Artichokes and Parboyl them, and when they are cold and well drained from the Water, and dried in a Cloth to take away all the moisture, then put them into pots, and pour your Brine over them, which must be as strong as you can make it, which is done by putting in so much Salt to it, as it will receive no more: so that the Salt sinks whole to the bottom, cover o

ver your Artichokes with this Water, and
pour upon it some sweet Butter melted, to
the thickness of two fingers, that no Air may
come in, when your Butter is cold set up your
pot in some warm place, cover it close from
Vermin, before you put the bottoms in the
Pot, you should pull off all the Leaves and
Choak, as they are served at Table, the best
time to do this is in Autumn, when your
Plants produce those which are young and
tender, for these you should pickle before
they come to open and flower, but not be-
fore the heads are round, when you would
eat them you must lay them in Water, shifting
the water several times, then boyl them once
again and so serve them.

To Pickle Cornelians. - White Pepper, to put in a Barrel with

Gather the fairest and biggest Cornelians
when they first begin to grow Red, and after
they have lain a while put them up in a Pot
or Barrel, filling them up with Brine as for
Artichokes, and put to them a little green
Fennel; and a few Bay Leaves to make them
smell well, then stop them up very close, and
let them stand for a Month, if you find them
too Salt, make the Pickle weaker before you
serve them to Table.

To Pickle Red and White Currants.

Take Vinegar and White-Wine with much Sugar as will make it Sweet, then take your Red and White Currants being not full ripe and give them one warm, so cover them over in the same Pickle, keeping them always under Liquor.

To Pickle Artichokes.

Take Artichokes before they are too full grown or too full of Strings, and when they are Pared round, then nothing is left but the Bottom, boyl them till they be indifferent tender, but not full boyled, take them up and let them be Cold, then take good stale Beer and White-wine, with a great quantity of whole Pepper, so put them in a Barrel with a small quantity of Salt, keep them close and it will not be sowre, it will serve for baked and boyled meats all the Winter.

To Pickle Flowers of all sorts.

Put them into a Gallipot or Glass with as much Sugar as they weigh, fill them up with Wine Vinegar, to a pint of Vinegar a pound of Sugar and a pound of Flowers, so keep them for Sallads and boyl'd Meats.

To Pickle Oysters.

Take eight quarts of Oysters and Parboyl them in their own Liquor, then take them out and cleanse them in warm water; then wipe them dry, then take the Liquor they were Parboyl'd in, and clear it from the Grounds into a large Pipkin or Skillet, put to it a Pottle of good White-wine, a quart of Wine-Vinegar, some Large Mace, whole Pepper and a good quantity of Salt, set it over the Fire and boyl it leisurely, scum it clean, and being well boyled put the Liquor into Barrels, and when it is cold put in the Oysters and close up the head.

Directions for making of Sauces.

To make Sauces for Green Geese.

Take the juice of Sorrel mixed with scalded Gooseberries, and served on sippets with Sugar and Beaten Butter, &c.

To make Sauce for Land Fowl.

Take boyled Prunes and strain them with the Blood of the Fowl, Cinnamon, Ginger, and Sugar, boyl it to an indifferent thickness, and serve it in Sawcers, and serve in the Dish with

with the Fowl, Gravy, and Sawce of the same Fowl.

To make Divers Sawces for Roast Mutton,

1. Take Gravy, Capers, Samphire, and Salt, and stew them well together.
2. Water, Onion, Claret-Wine, slice Nutmeg, and Gravy boyled up.
3. Whole Onions stewed in strong Broth or Gravy, White-wine, Pepper, pickled Capers, Mace, and three or four slices of a Lemon.
4. Mince a little Roast Mutton shorn from the Spit, and add to it some chop'd Parsley, and Onions, Verjuice or Vinegars, Ginger and Pepper, stew it very tender in a Pipkin and serve it under any Joynt with some Gravy of the Mutton.
5. Onions, Claret Liquor, Capers, Claret Gravy, Nutmeg and Salt boyled together.
6. Chop'd Parsley, Verjuice, Butter, Sugar and Gravy boyled together.
7. Take Vinegar, butter, and Currants, put them in a Pipkin with sweet Herbs finely minced, the yolks of hard Eggs, and two or three slices of the brownest of the Leg, (mince it also) some Cinnamon, Ginger, Sugar and Salt.
8. Pickled Capers and Gravy, or Gravy and Samphire, cut an inch long.
9. Chop'd Parsley and Vinegar.
10. Salt,

10. Salt, Pepper, and juice of Oranges.

11. Strained Prunes, Wine, and Sugar.

12. White wine, Gravy, Large Mace and Butter thickned with two or three yolks of Eggs.

13. Oyfters Liquor and Gravy boyled together, with Eggs and Verjuice to thicken it, then juice of Oranges and slices of Limons over all.

14. Onions chop'd with sweet Herbs, Vinegar and Salt boyled together.

To make several Sawces for Roast Veal.

1. Gravy, Claret, Nutmeg, Vinegar, Butter, Sugar, and Oranges melted together.

2. Juice of Orange, Gravy, Nutmeg, and sliced Limon on it.

3. Vinegar and Butter.

4. All manner of sweet Herbs chop'd small, with the yolks of two or three Eggs, and boyl them in Vinegar, Butter, and a few Bread Crumbs, Currants, beaten Cinnamon Sugar, and a whole Clove or two put it under the Veal, with slices of Orange and Limon about the Dish.

5. Claret, Sawce of boyled Carrats and boyled Quinces, stamped and strained with Limon, Nutmeg, Pepper, Rose Vinegar, Sugar

Sugar and Verjuice, boyled to an indiffer-
height or thicknes, with a few whole Cloves

To make sawces for Red Dear.

1. The Gravy and sweet Herbs chop
small and boyled together, or the Gravy only
 2. The Juice of Oranges and Limons and
Gravy.
 3. A Gallendine sawce made with strained
Bread, Vinegar, Claret Wine, Cinnamon,
Ginger and Sugar, strain it and being finely
beaten with the Spices, boyl it up with a few
whole Cloves and a sprig of Rosemary.
 4. White-Bread boyled in water, pretty
thick without Spices, and put to it some But-
ter, Vinegar and Sugar.
- If you will stuff or farce any Venison, stick
them with Rosemary, Tyme, Savory or
Cloves, or else with all manner of sweet Herbs
minced with Beef suet.

To make Sawces for Roast Pork.

1. Gravy, chop'd Sage, and Onions boy-
led together with some Pepper.
2. Mustard, Vinegar and Pepper.
3. Apples pared, quartered, and boyled
in fair water, with some Sugar and Butter.
4. Gravy, Onions, Vinegar, Pepper.

To make Sawces for Rabbets.

1. Beat Butter, and rub the Dish with a Clove of Garlick or Shelot.
2. Sage and Parsly minced, Rowl it in a Ball with some Butter, and fill the Belly with this stuffing.
3. Beaten Butter with Limon and Pepper.
4. In the French Fashion, Onions minced small and fryed, and mingled with Mustard and Pepper.
5. The Rabbet being roasted wash the Belly with the Gravy of Mutton, and add to it a slice or two of Limon.

To make Sawces for Roast Hens.

1. Take Beer, Salt, the yolks of three hard Eggs minced small, grated Bread, three or four Spoonfuls of Gravy, and being almost boyled, put in the Juice of two or three Oranges, slices of Limon and Orange with Limon peel shred small.
2. Beaten Butter with juice of Limon, Oranges and Claret-wine.
3. Gravy and Claret-wine boyled with a piece of an Onion, Nutmeg, and Salt, serve it with the slices of Limons or Oranges, or the Juice of the same.
4. With Oyster Liquor, an Anchovy or

two, Nutmeg and Gravy, and rub the Dish with a Clove of Garlick or Shelot.

5. Take the yolks of hard Eggs and Lemon-peel, mince them very small and stew them in White-wine, Salt, and the Gravy of the Fowl.

To make Sawces for Roast Chickens.

1. Gravy, and the juice or slices of Orange.

2. Butter, Verjuice, and Gravy of the Chicken, or Mutton Gravy.

3. Butter and Vinegar boyled together put to it a little Sugar, then make thin sops of Bread, lay the Roast Chickens on them, and serve them up hot.

4. Take Sorrel, wash and stamp it, then have thin slices of Manchet, put them in a Dish with some Vinegar, strained Sorrel, Sugar, some Gravy, beaten Cinnamon, beaten Butter, and some slices of Orange or Lemon, and strew thereon some Cinnamon and Sugar.

5. Take sliced Oranges and put to them a little White-wine, Rose-water, beaten Mace, Ginger, some Sugar and Butter, set them on a Chaffing-dish of Coals and stew them; then have some slices of Manchet round the Dish finely Carved, and lay the Chickens being roasted on the Sawce.

To make Sawces for Roast Pidgeons.

1. Gravy and Juice of Orange.
2. Boyled Parsly minced, and put among some Butter, and beaten up thick.
3. Gravy, Claret-Wine and an Onion stewed, together with a little Salt.
4. Vine leaves roasted with the Pidgeons minced, and put in Claret-wine and Salt boyled together, some Butter and Gravy.
5. Sweet Butter and Juice of Orance, beat together and made thick.
6. Minced Onions boyled in Claret-Wine almost dry, then put to it Nutmeg, Sugar, Gravy of the Fowl, and a little Pepper.
7. Gravy of the Pidgeons only.

To make Sawces for all manner of Roast Land Fowl; As,

Turkey, Peacock, Pheasant, Partridge, and the like.

1. Sliced Onions being boyled, stir them in some water, Salt, Pepper, some Grated Bread, and the Gravy of the Fowl.

2. Take slices of White Bread, and boyl them

them in fair water with two whole Onions some Gravy, half a grated Nutmeg and a little Salt, strain them together thorow a strainer, and boyl it up as thick as Water-Grewel, then add to it the yolks of two Eggs, dissolved with the juice of two Oranges, &c.

3. Take thin slices of the Manchet; a little of the Fowl, some sweet Butter, grated Nutmeg, Pepper and Salt, stew all together and being stewed, put in a Limon minced with the Peel.

4. Onions sliced and boyled with fair water and a little Salt, a few Bread crumbs beaten Pepper, Nutmeg, three spoonfuls, of White-wine, and some Limon peel finely minced and boyled all together, being almost boyled put in the Juice of an Orange, beaten Butter, and the Gravy of a Fowl.

5. Stamp small Nuts to a Paste, with Bread, Nutmeg, Pepper, Saffron, Cloves, and the Juice of Orange and strong Broth, strain and boyl them together pretty thick.

6. Quinces, Prunes, Currants, and Raisins boyled, Muskified Bisquet boyled, stamp and strained with White-wine, Rose-Vinegar, Nutmeg, Cinnamon, Cloves, Juice of Oranges and Sugar, boyl it not too thick.

7. Boyl

7. Boyl Carrots and Quinces, strain them with Rose-Vinegar and Verjuice, Sugar, Cinnamon, Pepper, Nutmeg, boyled with a few whole Cloves and a little Mace.

8. Take a Manchet, pare off the Crust and slice it, then boyl it in fair Water and being boyled something thick, put in some White-wine, Wine-Vinegar, Rose or Elder-Vinegar, some Sugar and Butter.

9. Almond paste and Crumbs of Manchet, stamp them together with some Sugar, Vinegar and Salt; strain them with Grape-Verjuice, and juice of Oranges, boyl it pretty thick.

To make Sawce for a stubble Goose.

1. Take sowre Apples, slice them and boyl them in Beer all to Mash, then put to them Sugar and beaten Butter, sometimes for Variety add Barberries, and the Gravy of the Fowl.

2. Roast sowre Apples or Pippins, strain them and put to them Vinegar, Sugar, Gravy, Barberries, grated Bread, beaten Cinnamon, Mustard, and boyled Onions strained and put to it.

Sawce for a young Stubble Goose.

Take the Liver and Gizzard, mince it very small with some beaten Spinage, sweet Herbs, Sage, Salt and some minced Lard, fill the Belly of the Goose and sew up the Rump or vent, as also the Neck, Roast it

and then take out the farling and put it in a Dish, then add to it the Gravy of the Goose, Verjuice and Pepper, give it a warm, on the fire, and serve it with this sawce in a clean Dish.

The French Sawce for a Goose, is Butter, Mustard, Sugar, Vinegar, and Barberries.

To make Sawces for a Duck or Mallard.

1. Onions sliced, and Carrots cut square like Dice, boyled in White-wine, strong Broth, some Gravy, minced Parsly, Savory Chop'd, Mace and Butter, being stewed together it will serve for divers wild Fowl, but most proper for Water Fowl.

2. Vinegar and Sugar boyled to a Syrup, with two or three Cloves, and Cinnamon, or Cloves only.

3. Oyster Liquor, Gravy of the Fowl, whole Onions boyled in it, Nutmegs and an Anchovy. If the Fowls be lean farse and lard them.

To make Sawces for any kind of Roast Sea Fowl.

Make a Gallendine with some grated Bread, beaten Cinnamon and Ginger, a quartern of Sugar, a quart of Claret-Wine,

Wine, a pint of white Wine Vinegar, strain the
foresaid Materials, and boyl them in a Skil-
let with a few whole Cloves, in the boyl-
ing stir it with a sprig of Rosemary, add a
little Red Saunders and boyl it as thick as
Water Grewel.

*To make Green Sawce for Pork, Goslings,
Chickens, Lamb or Kid.*

Stamp Sorrel with white Bread and pared
Pippins in a stone or wooden Mortar, put Su-
gar to it and Wine Vinegar, then strain it
thorow a fine Cloth pretty thick. Dish it
into Sawces and scrape Sugar on it.

To make Sawces for Roast or boyled Salmon.

1. Take the Gravy of the Salmon, or Oy-
ster Liquor boyled up thick with beaten But-
ter, Claret-Wine, Nutmeg and some slices
of Orange.

2. Gravy of the Salmon, Butter, Juice, of
Orange or Limon, Sugar and Cinnamon, beat
up the same with butter pretty thick, Dish
up the Salmon, pour on the Sawce, and lay
on it slices of Limon.

3. Beaten Butter with slices of Orange or
Limon, or the Juice of them, or Grape, Ver-
juice and Nutmeg.

4. Gravy of the Salmon, two or three
Cloves dissolved in it, grated Nutmeg and

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grated

grated Bread, beat up thick with Butter, the yolk of an Egg, or slices of Oranges with the juice of it.

I should give you now some directions for dressing of Flesh and Fish, but you will find that more properly set down in my directions for Cook-Maids.

Directions for such who desire to be Nursery-Maids to Persons of Honour or Quality, or else to Gentlewomen either in City or Country.

IF you intend to fit your self for this employment, you must naturally encline your self to love young Children, otherwise you will soon discover your unsuitness to manage that Charge; you must be very neat and cleanly about them, and careful to keep good hours for them, both to arise and go to Bed, likewise to get their Break-fasts and Suppers at good and Convenient time. Let them not sit too long, but walk them often up and down, especially those who cannot go well of themselves; you

you must also be extraordinary careful and vigilant, that they get not any falls, through your neglect,, for by such falls, many (the cause at first being unperceivable) have grown irrecoverably Lame or Crooked. Therefore if any such thing should happen be sure you conceal it not, but acquaint your Lord or Lady, Master or Mistress thereof, with all Convenient speed, that so means may be used for the Childs recovery before it be too late, you must be extraordinary careful that you be not Churlish or dogged to the Children, but be always merry and Pleasant, and contrive and invent pretty Sports and Pastimes, as will be most fuitable and agreeable to the Childrens age, keep their Linen and other things always mended, and suffer them not to run too fast to decay.

Do not let the Children see that you love any one Child above the other, for that will be a means of dejecting and casting down the other.

Be careful to hear them read if it be imposed upon you, and be not too hasty with them, have a special care how you behave your self before them, neither speaking nor acting mis-becomingly, lest your bad example prove the Subject of their Imitation.

Consider the Charge you take in hand, and do not desire this employment as too many do, because it is an easie kind of Life, and void of Labour and Pains taking; thinking also that Children are easily pleased with any thing, you will find the contrary, and that it is a troublesome Employment, and the Charge of a greater weight than such vainly imagine.

*Directions for such as desire to be
Cook-Maids, in Noble, or Gentlemens Families.*

IF you would fit your self for this Employment, and so consequently gain great Wages, good Vales, and the reputation of an accomplished Cook,

You must learn to be skilful in dressing all sorts of Flesh, Fowl, and Fish, to make Variety of Sawces proper for each of them, to raise all manner of Pastes and Kick-shaws, to be curious in garnishing your Dishes, and making all manner of Pickles, &c.

And as you must know how to dress Meat well, so must you know how to save what is left, of that you have dressed,

whil

which you may make both handsome and Toothsome Dishes again, to the saving of your Masters purse, and Credit of his Table.

You must be sure to be as saving as you can, and cleanly about every thing, seeing likewise that your Kitchen be kept clean, and all things scowred in due time, your Larders also and Cup-boards, that there be no bits of Bread and Meat lie about them to spoyl and stink.

You must be careful that your Meat Taint not, for want of good Salting. You must also keep good hours for you Meals, otherwise you put an House quite out of Order, do not covet to have the Kitchen stuff for your Vales, but rather ask the more Wages for that may make you an Ill-Huswife of your Masters Goods, and teach you to be a Thief, for you would be apt to put that which should go into the tryed Suet, into your Pot.

Lay not all your Wages upon your back, but lay up something against sickness, and an ~~in~~ Red other Casualties, for you may assure your self it is more Commendable, for one in your Employment to go decent and clean, than Gaudishly fine.

I have already in this Book, in my directions to Chamber-Maids, given some Directions

Directions for Raising of PASTE, for making of Sawces and Pickles.

I shall now give you some directions for the best and newest way of dressing of Flesh, Fowl and Fish.

Directions for dressing of Flesh, Fowl and Fish.

First, For Dressing of Flesh.

To Boyl a Leg of Veal and Bacon.

Lard your Leg of Veal with Bacon, all over, with a little Limon peel among it, then boyl it with a middle piece of Bacon, when your Bacon is boyled, cut it in pieces, season it with Pepper and dried Sage mix'd together, dish up the Veal with the Bacon round about it, send it up with Sawcers of green Sawce, strew over it Parsly and Barberries.

To make a Fricasie of Veal.

Cut your Veal in thin slices, beat it well with a Rowling-Pin, season it well with Nutmegs, Limon and Tyme, fry it slight-ly

ly in the Pan, then beat two Eggs, and one spoonful of Verjuice, put it into the Pan, stir it together, fry it and Dish it.

To Roast a Haunch of Venison.

If your Venison be seasoned, you must water it, and stick it with short sprigs of Rosemary, let your Sawce be Claret-Wine, a handful of grated Bread, Cinnamon, Ginger, Sugar, a little Vinegar, boyl these up so thick as it may only run like Butter, it ought to be sharp and sweet. Dish up your meat on your Sawce.

To stew a Leg of Lamb.

Cut it in pieces, and put it into your stewing Pan, being first seasoned with Salt and Nutmeg, and as much Butter as will stew it, with Raisins of the Sun, Currants and Gooseberries; when it is stewed make a Caudle with the yolks of two or three Eggs, and some Wine-Vinegar and Sugar beaten together, and put it into your Meat and stew all a little longer together, then Dish it, strew Sugar on the top and serve it up hot.

To make Collops of Veal.

Cut out your Veal into very broad slices fat and lean, not too thick, take eight Eggs, beat

The Compleat

beat them very well with a little Salt, grate a whole Nutmeg, take a handful of Tyme and strip it, then take a pound of Sawfages, half a pint of stewing Oysters, wash and cleanse them from the Gravel, then half fry your Veal with sweet Butter, then put in your Sawfages and Oysters, then take a quarter of a pound of Capers, shred them very small with three Anchovies, dissolved in White-wine and fair Water, so put in your Eggs, shred Capers and Anchovies, Butter and Spice, and mingle them, and strew them in the Pan upon the Veal and Oysters, serve it with sip-pets with a little Fresh Butter, and Vinegar and Limon sliced, and Barberries with a little Salt. You must have a care to keep the Meat stirring, lest the Eggs curdle with the heat of the Fire.

To Boyl a Chine, Rump, Surloyn, Bisket, Rib, Flank, Buttock, or Fillet of Beef.

Take any of these pieces of Beef, and givethem in Summer a Weeks powdering, in Winter a Fortnights, you may either stuff them or not, if you stuff them you must do it with all manner of sweet-Herbs, and fat Beef minced very small, and some Nutmeg mingled together, you may serve them in on bruefs, with Roots or Cabbage boyled in Milk with beaten Butter.

To

*To Roast a Shoulder of Mutton with
Oysters.*

Parboyl your Oysters, then mix Winter-Savory, Tyme, Parsly and the yolks of five or six hard Eggs, and to these a Half-penny loaf of grated Bread, and three or four yolks of Eggs, mingle all these together with your hands; when you have spitted your Mutton, make Holes in it as big as you think Convenient, put in your Oysters with your other ingredients, about twenty five or thirty Oysters will be enough, let it Roast indifferent long, and take the remainder of a quart of Oysters and put them into a deep Dish with Claret-Wine, put to them two or three Onions cut in halves with two or three Anchovies, put this into the Dripping-pan under your Mutton, and save your Gravy, and when the Meat is enough, put your Sawce upon the Coals, and put in it the yolk of an Egg beaten, grated Nutmeg and sweet Butter, Dish your Mutton and pour in your Oysters, Sawce and all upon it, garnishing your Dish with Limons and Barberries.

To stew a Rump of Beef.

Season your Beef with some Nutmeg grated, together with some Salt and Pepper, season it on the Bony side and lay it in the
Pipkin

Pipkin with the Fat side downwards, then take two or three great Onions and a bundle of Rosemary tyed up together, also three pints of Elder-Vinegar and three pints of water, stew all these together in a Pipkin close covered over a soft fire three or four hours together. Dish it upon sippets, taking off the Fat from the Gravy: Put some of the Gravy to the Beef and serve it up.

To Stew a Breast, Loyn, or Neck of Mutton.

Joynt either of these very well, draw it and stuff it with Sweet-herbs and Parsly minced, then put it in a deep stewing Dish with the right side downward, put to it so much White-wine and strong Broth as will stew it, set it on the Coals and put to it two or three Onions, a bundle of Sweet-herbs and a little large Mace, when it is almost stewed take a handful of Spinage, Parsly and Endive, and put into it, or else some Gooseberries and Grapes, and in the Winter time Samphire and Capers, you may add them at any time: Dish up your Mutton and put by the Liquor you do not use, and thicken the other with yolks of Eggs and Sweet Butter, put on the Sawce and Herbs over the Meat, garnish your Dish with Limon and Barberries.

To Farce, or Stuff a Filler of Veal.

Take

Take a large Leg of Veal and cut off a couple of Fillets from it, then mince a handful of Sweet-herbs and Parsly, and the yolks of two or three hard Eggs, let all these be minc'd very small, then season it with a couple of grated Nutmegs and a little Salt, and so farce or stuff your Veal, then Lard it with Bacon and Tyme very well, then let it be roasted, and when it is almost enough, take some of your stuffing and as many Currants, about a handful, and put these to a little strong Broth, a Glas of Claret and a little Vinegar: a little Sugar and some Mace, when your meat is almost ready, take it up and put it into this and let it stew, putting to it a little Butter melted, put your meat in your Dish and pour your Sawce on it, and serve it up.

To Dress a Leg of Mutton, a Savory Dish.

Boyl your mutton in water and Salt for the space of an hour, then cut it into thin slices and put it into a Dish over a Chafing-dish of Coals without a Liquor, and in a little time you will find the Gravy will be liquor enough, then put in a little Salt and a little grated Nutmeg, one Onion or two or three Shelots sliced, a sprig of Tyme and Winter Savory, let it stew between Dishes till
it

it be almost enough, then put in a piece of fresh Butter, and when it hath stewed a little longer, take it up and serve it in, garnish your Dish with pickled Barberries and pickled Oysters.

To Boyl a Fore-Loyn of Pork, with good Sawce to it.

Let your Pork be reasonably well salted and boyl it very well, then have in readiness a good quantity of Sorrel stript from the Stalkes, and beaten in a Mortar as fine as possible you can, then put in a few Crumbs of Bread, the yolks of hard Eggs with a little Mustard and Salt; and so serve in your Pork with this Sawce, and garnish your dish with Parsly, or any other green leaves.

Directions for Dressing of Fowl.

How to Roast a Hen or Pullet.

TAKE a Pullet or Hen full of Eggs, draw it and Roast it, being roasted break it up and mince the Brauns in thin slices, save the Wings whole or not mince the Brauns and save the Rump with the Legs whole

ew all in the Gravy and a little Salt, then have a minced Limon and put it in the Gravy, Dish the minced Meat in the midst of the Dish, and the Thighs, Wings, and Rumps about it, garnish the Dish with Orange and Limon quartered-, and serve them up covered.

To Roast Woodcocks the English Way.

First pull and draw them, then being washed and trussed Roast them, baste them with Butter and save the Gravy, then make Toasts and Butter them, being roasted, bread them with grated bread and Flour, and serve them on a clean dish, on the Toast and Gravy.

To Roast Woodcocks the French way.

Being new and fresh killed that day you use them, Pull, Truss, and Lard them with a broad piece of Lard or Bacon pricked over the Breast, being roasted serve them on broiled Toasts, put in Verjuice or the juice of Orange with the Gravy and warmed on a fire.

To Roast a Pig the Plain Way.

Take a Pig, scald and draw it, wash it clear and put some sage in the Belly, prick up and spit it, being roasted fine and crisp, make

it be almost enough, then put in a piece of fresh Butter, and when it hath stewed a little longer, take it up and serve it in, garnish your Dish with pickled Barberries and pickled Oysters.

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Toasts and Butter them, being roasted, bread
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Gravy.

To Roast Woodcocks the French way.

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them, Pull, Truss, and Lard them with a
broad piece of Lard or Bacon pricked over
the Breast, being roasted serve them on broil-
ed Toasts, put in Verjuice or the juice of O-
range with the Gravy and warmed on a
fire.

To Roast a Pig the Plain Way.

Take a Pig, scald and draw it, wash it
clear and put some sage in the Belly, prick
it up and spit it, being roasted fine and crisp,
make

make Sawce with chop'd Sage and Currants well boyled in Vinegar and fair Water, put to them the Gravy of the Pig, a little grated Bread, the Brains and some Barberries, give these a warm or two and serve the Pig on the Sawce with a little beaten Butter.

To Roast a Pig otherways.

Take a Pig, scald and draw it, then mix some sweet Herbs either Sage or Penny-Royal and Rowl it up in a Ball with some Butter, prick it up in the Pigs Belly and roast being roasted make Sawce with Butter, Vinegar, the Brains and some Barberries.

To Roast a Hare.

Take a Hare, flea it, set it, and Lard it with small Lard, stick it with Cloves and make a Pudding in his Belly with grated Bread, grated Nutmeg, and beaten Cinnamon, Currants, Eggs, Cream and Sugar. make it good and stiff, fill the Hare and roast it. if you would have the Pudding green, put in the juice of Spinage; if Yellow, Saffron: Make for Sawce beaten Ginger, Nutmeg, Cinnamon, Pepper, boyled Prunes and Currants strained, Bisquet-bread beaten into Powder, Sugar and Cloves, all boyled up as thick as Water and Grewel.

and or Sea Fowl how to Boyl them.

Half roast your Fowls, sticking on them some Cloves as they roast, save the gravy, and when they are half roasted put them in a Pipkin with the Gravy, some Claret-Wine, as much strong Broth as will cover them, Mace, Cloves, Pepper, Ginger, some fryed Onions and Salt, stew all well together, and serve them on Carved sippets.

How to boyl Plovers, Quails, Black Birds, Rails, Thrushes, Snipes, Wheat-ears, Larks and Sparrows.

Take them and truss them, or cut off the heads and Legs and boyl them, scum your pipkin and put therein large Mace, White-wine, Currants well picked and washed, Dates, Marrow, Pepper and Salt, being well stewed, Dish them on carved Sippets, thicken the Broth with strained Almonds, Rose-water and Sugar, garnish them with Limons, Strawberries, and grated Bread.

How to boyl Capons, Pullets, Chickens, Pidgeons, Pheasants, Partridges.

Farfe them either with the bone or bon'd, then

then take of the skin whole, with the wings and legs on, mince the Body with Bacon or Beef suet, season it with some meg, Pepper, Cloves, beaten Ginger, and a few sweet Herbs finely minc'd, mingled amongst some three or four yolks Eggs, some Sugar, whole Grapes, Gooseberries, Barberries and Pistaches, fill the skins, prick them up in the Back, then stew them between two Dishes with some strong Broth, White-wine, Butter, some large Mace, row, Gooseberries and sweet Herbs, stewed serve them on sippets with some row and sliced Limon, in Winter Currant

To Boyl Capons or Chickens with Sage and Parsley

First boyl them in Water and Salt, boyl some Parsley, Sage, two or three Eggs, chop them, then have a few thin slices of fine Manchet and stew all together, break not the slices of Bread, stew them with some of the Broth wherein the Chickens boyls, some Large Mace, Butter, a little White-wine or Vinegar, with a few Barberries or Grapes; Dish up the Capons or Chickens on the Sawce, and run them over with sweet Butter and Limon cut like Dice, Peel cut like small Lard, and boyl a little Parsley with the Chickens.

To Boyl any large Water-Fowl, as Swan, Whopper, Wild or Tame Geese, Crane, Hern, Duck, Mallard, &c.

Take a Goose and salt it two or three days, then Truss it to boyl, cut Lard as big as your little finger and Lard the Breast, season the Lard with Pepper, Mace, and Salt, then boyl it in Beef broth or Water and Salt, put to it Pepper grossly beaten, a handful or two of Bay leaves, Tyme, and Rosemary bound up very well, boyl them very well with the Fowl, then prepare some Cabbage boyled very well with water and Salt; squeeze out the water from it, and put it into a Pipkin with some strong Broth, Claret-wine and a good big Onion or two; season it with Pepper, Mace, and Salt, and two or three Anchovies dissolved, stew these together with a Ladle full of sweet Butter and a little Vinegar, and when your Goose is boyled enough, and your Cabbage on sippets, lay on the Goose with some Cabbage on the Breast and serve it up. Thus you may dress any large Wild Fowl.

To Boyl Pidgeons.

Take Pidgeons, being finely cleans'd and plucked, put them in a Pipkin or Skillet with some Mutton-broth or fair water, set them

a boyling and scum them clean, then put to them large Mace or well washed Currants, some strained Bread, strained with Vinegar and Broth, put it to the Pidgeons with some sweet Butter and Capers, boyl them very white, and being boyled serve them on fine Carv'd sippets in the Broth with some Sugar, garnish them with Limon, fine Sugar, Mace, Grapes, Gooseberries and Barberries, and run them over with beaten Butter, garnish the Dish with grated Manchet.

To stew Pidgeons in the French Fashion.

Take Pidgeons ready pulled and scalded, take the Flesh out of the skin, and leave the skin whole, with the Legs and wings hanging to it, mince the Bodies with some Lard or Beef-suet together very small, then put to them some sweet Herbs finely minced, and season all with Cloves, Mace, Ginger, Pepper, some grated Bread or Parmison grated and yolks of Eggs, fill again the skins and prick them up on the Back, then put them in a Dish with some strong Broth and sweet Herbs chop'd, large Mace, Gooseberries, Barberries or Grapes, then have some Cabbage Lettuce boyled in water and Salt, put to them Butter and serve them up on sippets.

How

How to pot up Fowl for to carry to Sea, or otherwise to be spent at home.

Take a good company of Ducks or Mallards, pull them and draw them, and lay them in a Tub, with a little Pepper and Salt for twenty four hours, then Truss them and Roast them, and when they are roasted let them drain from their Gravy, for that will make them corrupt, then put them handsomely into a pot, and take the fat which came from them in the Roasting and good store of Butter, and melt them together in a Pot set in a Kettle of boyling water, put therein good store of Cloves bruised a little, some sliced Mace, Nutmeg, Bay-leaves and Salt, and let them stew in the Butter a while, then while it is hot pour it over your Fowls in the Pot, and let the pot be filled so that the Fowls be covered, then lay a Trencher upon them, and keep them down with a weight or stone until they be Cold, then take of the same kind of Spice which you did put into your Butter, beat it very fine and strew over it, and lay some Bay-leaves on the top, so cover it up, they will keep a good while; drain your Fowl from the Gravy, twenty four hours before you put them into your Pot.

*Directions for Dressing of Fish.**How to stew a Carp.*

Dress the Carp and take out the Milt, put it in a Dish with the Carp, take out the Gall, then save the Bloud, and scratch with your Knife the back of the Carp, if the Carp be large, take a quart of Claret or White-wine, four or five Blades of large Mace, ten Cloves, two large Races of Ginger sliced, two sliced Nutmegs, with the tops of Tyme, Marjoram, Savory, and Parsly chop'd very small, four great Onions whole, three or four Bay-leaves and some Salt, stew them all together with the Wine, when the Liquor boyls put in the Carp, with a quarter of a pound of sweet Butter, being stewed enough take a large Dish, and laying the Carp therein, pour the Sawce thereon with the Spices, lay on sliced Limon with some of the peel cut small, and run it over with beaten Butter, garnish the Dish with Manchet grated and seared, and Carved sippets laid round the Dish; you may for Variety, the Carp being scalded, garnish the Body with stewed Oysters, some fryed in white Butter, some green made by the juice of Spinage.

How to Roast a Carp.

Take a live Carp, draw and wash it, taking away the Gall, Milt or Spawn, then make a Pudding with some grated Manchet, some Almond paste, Cream, Currants, grated Nutmeg, Raw yolks of Eggs, Sugar, Carraway-seed Candied, some Salt and Limon, make a stiff Pudding, and put thorow the Gills into the Belly of the Carp, then spit it, and when it is roasted make Sawce with the Gravy that falls from it, with juice of Orange, Sugar and Cinnamon, beat up the Sawce thick with the Butter and dish it up.

To stew Oysters.

Take a Pottle of large Oysters, parboyl them in their own Liquor, then Wash them from the Dregs in warm Water, and put them in a Pipkin with a good big Onion or two, and five or six Blades of large Mace, a little whole Pepper, a sliced Nutmeg, a quarter of a Pint of White-wine as much Wine Vinegar, a quarter of a pound of sweet Butter with a little Salt; Rew them together on a soft Fire the space of half an hour, then Dish them on sippets of french Bread, put sliced Limon and Barberries on that, then run them over with beaten Butter, and garnish

nish the Dish with grated Manchet.

To fry Oysters.

Strain the Liquor from them, and parboyle them in a Kettle, then dry and Rowl them in Flour or make a batter of Eggs, Flour, a little Cream and Salt, dip them therein and fry them in Butter beating it up thick, having warmed the Dish, rub it with some Garlick and lay thereon the Oysters garnishing the Dish with slices of Orange.

To Boyl a Pike.

Take your Pike and wash it clean, then Truss it whole round with the Tale in his mouth, and his back scotched or cut in three places, then boyl it in water, Salt and Vinegar, put not the Pike in till the Liquor boyls, and then make it boyl apace, and that will Crisp your Pike, but afterwards softly: The Pike being boyled Dish it, and garnish the Dish with grated White bread, or Ginger fine beaten, then beat up the Sawce with half a pound of Butter, minced Limon or Orange, and pour it on the Pike with sippets.

To make the Sawce, you must put into a Pipkin a pint of White-wine, sliced Ginger, Mace, Dates quartered, a pint of large Oysters, with their Liquor, a little Vinegar and Salt.

Salt, boyl them a quarter of an hour, then mince a few Sweet-Herbs and Parsly, stew them till half the Liquor be consumed.

To stew a Pike.

Take a Pike, flat it and lay it in a dish, when the Bloud is clean washed out, put to it as much White-wine as will cover it, an set it a stewing, when it boyls put in the Fish and scum it, and put to it some large Mace, whole Cinnamon and some Salt, when thoroughly stewed, Dish it n sippets finely Carved.

To boyl Salmon.

Take as much water as will cover, your Salmon, then take Rosemary, Tyme, Winter-Savory and Salt, boyl all these very well together, then put in some Wine-Vinegar, and when your Salmon is boyled, let him remain in the same Water always until you have occasion to eat of it.

To Roast Salmon.

Take a rand or Jole, cut it into four pieces and season it with a little Nutmeg and Salt, stick a few Cloves and put it on a small Spit, put between it some Bay leaves, and stick it with little sprigs of Rosemary, roast it and baste it with Butter, save the Gravy

and add to it for Sawce, some Vinegar, Butter and slices of Orange.

To Fry Salmon.

Take a Jole, Chine or Rand, and fry it in clarified Butter, being stiff and Crisp fried, make a Sawce with a little Claret-wine, sweet Butter, grated Nutmeg, slices of Orange and Oyster Liquor, stew them all together and pour on the Sawce, and on that Parsly, Alisaunder and Sage leaves fried in Butter.

Thus have I given you some short Directions, for dressing of Flesh, Fowl and Fish. I shall now give you Directions for making Bills of Fare both First and Second Course, for every Month in the year, and so conclude my Directions to Cook-maids.

A

Bill of Fare for Every Month
in the Year.

January.

1. **B**rawn and Mustard.
2. Two Boyled Capons and White Broth.
3. A Turkey Roasted.
4. A Shouldier of Mutton hash'd.
4. Two Geese boyled.
6. A Goose Roasted.
7. Ribs or Surloin of Beef.
8. Minc'd Pyes.
9. A Loin of Veal.
10. A Pasty of Venison.
11. A Marrow Pye.
12. Roasted Capons.
13. Lamb.
14. Woodcocks, Partridges, and smaller Birds.

Second Course.

1. *A Sous'd Pig.*
 2. *A Warden Pye.*
 3. *Dryed Neats Tongues.*
 4. *A Sous'd Capon.*
 5. *Pickled Oysters and Mushrooms together.*
 6. *Sturgeon.*
 7. *A Goose or Turkey Pye.*
-

February.

- A** *Chine of Roast Pork.*
2. *Veal or Beef Roasted.*
 3. *A Lamb Pye and Minced Pyes.*
 4. *A Couple of Wild Ducks.*
 5. *a Couple of Rabbits.*
 6. *Fryed Oysters.*
 7. *A Skirret Pye.*

Second Course.

1. *A Whole Lamb roasted.*
2. *Three Pidgeons.*
3. *A Pippin Pye.*
4. *A Sole of Sturgeon.*
5. *A Cold Turkey Pye.*

March

March.

1. **N** Eats Tongue and Udder.
2. Boyled Chickens.
3. A dish of stewed Oysters.
4. A dish of young Rabbits.
5. A Grand Saller.

Second Course.

1. Dish of Soles or Smelts.
2. Marinate Flounders.
3. A Lambstone Pye.
4. An hundred of Asparagus.
5. A Warden Pye.

April.

1. **G** reen Geese or Veal and Bacon.
2. A Haunch of Venison roasted.
3. A Lumber Pye.
4. Rabbits and Tarts.

Second Course.

1. Cold Lamb.

F. 5.

2. Cold

2. Cold Neats Tongue Pye.
3. Salmons, Lobsters, and Prawns.
4. Asparagus.

May.

1. **B**oyled Chickens.
2. Roasted Veal.
3. Roasted Capons.
4. Rabbers.

Second Course.

1. Artichoke Pye hor.
2. Westphalia Bacon and Tarts.
3. Sturgeon, Salmon, Lobsters.
4. A dish of Asparagus.
5. A Tansie.

June.

1. **A** Neats Tongue or Leg of Mutton and Colliflowers.
2. A Stake Pye.
3. A Shoulder of Mutton.
4. A Forequarter of Lamb.

Second

Second Course.

1. Sweet-Bread Pye.
 2. A Capon.
 3. A Gooseberry Tart.
 4. Strawberries and Cream, or Strawberries,
White-wine, Rose-water and Sugar.
-

July.

1. **A** Westphalia-ham and Pidgeons.
2. A Loin of Veal.
3. A Venison Pastey.
4. Roast Capons.

Second Course.

1. Pease or French Beans.
 2. A Quodling Tart.
 3. Artichokes, or a Pye made thereof.
 4. Roast Chickens.
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August.

1. **C** Alves head and Bacon.
2. An Olio or Grand Boyled Mear.

1. All

3. *A Haunch of Venison.*
4. *A Pig Roasted.*

Second Course.

1. *Marinate Smelts.*
 2. *A Pidgeon Pye.*
 3. *Roast Chickens.*
 4. *A Tart.*
 5. *Some Cream and Fruit.*
-

September.

1. *Capon and White Broth.*
2. *Neats Tongue and Udder roasted.*
3. *A Powdered Goose.*
4. *A Roast Turkey.*

Second Course.

1. *Potato Pye.*
2. *Roast Partridges.*
3. *A dish of Larks.*
4. *Cream and Fruit.*

October.

October.

1. **R**oast Veal.
2. Two Brand Geese Roasted.
3. A Grand Sallet.
4. Roasted Capons.

Second Course.

1. Pheasants, Pouts and Pidgeons.
2. A dish of Quails and Sparrows.
3. A Warden Pye, Tarts and Custards.

November.

1. **A** Shoulder of Mutton and Oysters.
2. A Loin of Veal.
3. Geese Roasted.
4. A Pasty of Venison.

Second Course.

1. Two Herns one Larded.
2. A Sowfed Turbot.
3. Two Pheasants, one Larded.

4. A Rowl

4. *A Rowl of Beef.*
 5. *A Sows'd Mullet and Base.*
 6. *Fellies and Tarts.*
-

December.

1. *Stewed Broth of Mutton and Marrow-Bones.*
2. *Lambs heads and White Broth.*
3. *A Chine of Beef Roasted.*
4. *Minc'd Pyes.*
5. *A Roast Turkey stuck with Cloves.*
6. *Two Capons, one Larded.*

Second Course.

1. *A Young Lamb or Kid.*
2. *Two Brace of Partridges.*
3. *Ballone Sawfages, Anchovies, Mushrooms, Cavier, and pickled Oysters in a Dish together.*
4. *A Quince Pye.*
5. *Six Woodcocks.*

Directions

Directions for under Cook-Maids.

IF you would so fit your self for this employment, as that it may be a means of Raising you to higher preferment, you must be careful to be diligent and willing to do what you are bid to do, and though your employment be greasie and smooty, yet if you be careful you may keep your self from being Nasty. Therefore let it be your care to keep your self Neat and Clean, observe every thing in Cookery that is done by your Superior or Head-Cook, treasure it up in your Memory and when you meet with a Convenient opportunity, put that in Practice which you have observed, this Course will advance you from a Drudge, to be a Cook another day. Every one must have a beginning, and if you be ingenious and bend your mind to it, and be willing to learn, there is none will be so Churlish or unkind, as to be unwilling to teach you, but if you be stubborn and careless, and not give your mind to learn, who do you think will be willing to teach you? you must be

ware

ware of Gossips and Chair-women, for they will mis-advise you, take heed of the Sollicitations of the flesh for they will undo you, and though you may have mean thoughts of your self, and think none will meddle with such as you, it is a mistake, for sometimes brave Gallants will fall foul upon the Wench in the Scullery.

Directions for such as desire to be Dairy-Maids.

THose who would endeavour to gain the Esteem and Reputation of good Dairy-Maids, must be careful that all their Vessels be scalded well, and kept very clean, that they Milk their Cattle in due time, for the Kine by Custom will expect it though you neglect, which will tend much to their detriment.

The hours and times most approved, and commonly used for Milking are in the Spring and Summer time, between five and six in the Morning, and between six and seven in the Evening: And in the Winter between seven and eight in the Morning, and four and five in the Evening.

In the next place you must be careful that you do not waste your Cream by giving it away to liquorish Persons.

You must keep certain days for your Churning, and be sure to make up your Butter neatly and cleanly, washing it well from the Butter-Milk and then Salt it well.

You must be careful to make your Cheeses good and tender by well ordering of them and see that your Hogs have the Whey, and that it be not given away to Gossiping and idle People, who live meerly upon what they can get from Servants.

That you provide your winter Butter and Cheese in Summer, as in May: And when your Rowings come in, be sparing of your fire and do not Lavish away your Milk, Butter, or Cheese.

If you have any Fowls to fat, look to them that it may be for your Credit and not your shame, when they are brought to Table.

When you milk the Cattle, stroke them well, and in the Summer time save those strokings by themselves, to put into your Morning Milk Cheese.

I look upon it to be altogether needless, for to give you any Directions for the making of Butter or Cheese, since there are very few, (especially in the Country) that can be ignorant thereof: I shall only say, that

that the best time to put up Butter for Winter, is in the Month of *May*, for then the Air is most temperate, and the Butter will take Salt best. However it may be done at any time betwixt *May* and *September*.

I shall now give you some few Directions for made Cream, and for Milk made better by Art, and so conclude my Directions to Dairy-Maids.

How to make your ordinary clouted Cream.

Take a quantity of Milk from the Cow, and put it into a broad Earthen pan, and set it over a very flow fire, letting it stand there from Morning to Night, suffering it not by any means to boyl, then taking it off the fire and set in some place all Night to Cool, in the Morning dish off your Cream, for it will be very thick.

To make Fresh Cheese and Cream.

Take a Pottle of new Milk as it cometh from the Cow, and half a pound of Blanch'd Almonds beaten very small, and make a thick Almond Milk with a pint of Cream strained, and a little before you go to Dinner make it Blood warm, and season it with a little Sugar, Rose-water, and searced Ginger, and put to it a little Runnet, and
when

when it is scum'd, Bread it up and whey it and put it into a Mould and Press it with your hand, and when it is well Wheyed, put it into a Dish with Cream.

To make a Cream of Quodlings.

After you have scalded your Quodlings and peel'd off the Skins, and scraped the Pulps from the Cores with a little Sugar, and Rose-water, strain them, and lay the Pulp of your Quodlings in a Dish, with as much Cream as you please about them.

To make a Junket.

Take Ewes or Goats Milk, if you have neither of these then take Cows Milk, and put it on the fire to warm, then put in in a little Runnet to it, then pour it out into a Dish and let it Cool, then strew on Cinnamon and Sugar, then take some Cream and lay upon it, scraping Sugar thereon serve it up.

To make Raspberry Cream.

When you have boyled your Cream take two Ladlefuls of it being almost Cold, bruise the Raspberries together with it, and season it with Sugar and Rose-water and put it into your Cream, stirring it all together, and so Dish it up.

To make Snow Cream.

Break the whites of six Eggs, put thereto a little Rose-water, beat them very well together with a Bunch of Feathers till they come perfectly to resemble Snow, then lay on the said Snow in heaps upon other Cream, that is Cold, which is made fit to the Table, you may put under your Cream in the bottom of your Dish, part of a Penny Loaf, and stick therein a Branch of Rosemary and Bays and fill your Tree with the said Snow, so serve it up.

To make a Syllabub.

Take a Pint of Verjuice in a Bowl, Milk the Cow to the Verjuice, then take of the Curd, and take sweet Cream and beat them together with a little Sack and Sugar, put it into your Syllabub pot, strew Sugar on it, and serve it up.

To make a Whipt Syllabub.

Take the whites of two Eggs and a Pint of Cream, with six Spoonfuls of Sack and as much Sugar as will sweeten it, then take a Birchen Rod and Whip it, as it riseth in Froth scum it, and put it into the Syllabub pot, and so continue it with Whipping and scumming till your Syllabub Pot be full.

To make an excellent Cream.

Take a Quart of Cream and set it a boyling with a large Mace or two, whilst it is boyling cut some thick sippets, and lay them in a very fine clean Dish, then have seven or eight yolks of Eggs strained with Rose-water, put some Sugar to them, then take the Cream from the Fire, put in the Eggs and stir all together, then pour on the slices of fine Manchet, and being cold scrape on Sugar and serve.

*Directions for such who intend
to be Laundry-Maids in Great
Houses.*

IF you would have the Esteem, Credit and Reputation of a compleat Laundry Maid, you must observe these following Directions.

First, You must take care of all the Linen in the house (except Points and Laces) and whatever you wash do it quickly and do not let it lie and stink and grow yellow, and so Create to your self the trouble of Washing

ing it again before it be used.

Secondly, You must take care that all the Bracks and Rents in the Linen be duely mended.

Thirdly, Keep your certain days for Washing of your Linen, and other days for Washing of such Rooms as are appointed you to Wash and keep clean.

Fourthly, You must be sparing and not Lavish and Wastful of your Soap, Fire and Candle.

Fifthly, Entertain no Chair-woman unknown to your Master and Mistress.

Sixthly, Be careful that your Tubs and Coppers, or whatsoever else you make use of, be kept clean, and in good repair.

Seventhly, You must be careful that you rise early every Morning, but more especially on Washing-days.

Directions for House-Maids in Great Houses.

1. **Y**our principal Office is to make clean the greatest part of the House, and see that you suffer no Room to lie Foul.

2. That

2. That you look well to all the stuff, as Hangings, Chairs, Stools, &c. And see that they be often brushed and the Beds frequently turned.

3. That you do not mis-place any thing by carrying it out of one Room to another, for that is the way to have them lost, or you soundly Chid for not keeping them in their Proper places.

4. That you be careful and diligent to all Strangers, and see that they lack nothing in their Chambers, which your Mistress or Lady will allow, and that your Close stools and Chamber pots be duely emptied, and kept clean and sweet.

5. That you help the Laundry-Maid in the Morning on a Washing-day.

6. That in the Afternoon you be ready to help the Waiting-woman or House-keeper in their preserving and distilling.

Directions for Scullery-Maids in Great Houses.

1. **Y**OU must be careful to keep sweet and clean, the several Rooms which belong to your Charge, as the Kitchin, Pantry, Wash-house, &c.

2. You

2. You must Wash and Scowre all the Plates and Dishes that are used in the Kitchen, likewise the Dressers and Cup-boards also all Kettles, Pots, Pans, Chamber-pot with all other Iron, Brass, Tin, and Pewter Materials, that belong to the Chambers and Kitchen.

3. You must wash your own Linen, keeping your self sweet and clean, remembering always, so soon as you have made an end of your dirty work, to wash and dress your self neatly, titely and cleanly.

Now if you be careful and diligent, and cleanly in performing this place, you will have notice taken of you, and you will be advanced to a higher and more profitable Employment.

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A
SUPPLEMENT
TO THE
Compleat
SERVANT-MAID.
CONTAINING

The Choicest Receipts and rarest Se-
crets in Physick and Chirurgery.

Fitted to the Capacity of the meanest House-
keeper, and if put into Practice may pre-
vent the frequent Expences, and Charges
Which most Families are at upon Docto-
ry and Chirurgery.

L O N D O N,

Printed for Thomas Passinger at the three Bi-
bles on London-Bridge, 1685.

pple-

Choice and rare Receipts in Physick and Chyrurgery.

A Remedy against the Gripping of the Guts, to be taken inwardly.

Take Dates and Peach-kernels of each half a Dram, Nutmeg four Scruples, Powder of Diamargaritum Calidum two Drams; Anise-seeds one Dram, Cinnamon two Scruples, Saffron ten Grains, Sugar the weight of all the rest: make all into a most fine Powder, whereof give two Drams in White-wine twice or thrice a day, if the Pains are much.

Another Cure for the Gripping of the Guts.

Take of the Syrup of Violets, and Burrage, of each one ounce, Mucilage of Quince-seed, drawn out with Violet-water, half an ounce, water of Burrage, and Saxifrage, of each three ounces; mix these together, make thereof a Jelly for two Doses, or take the Oyl of sweet Almonds, two ounces, Syrup of Violets one ounce, Burrage water, half an ounce; mix these with half a quartern of Brandy, and drink it off.

A Cure

A Cure for the Scurvy.

Take half a peck of Scurvy-grass, Water-Cresses, Brook-lime, Horse-radish, Selindine Worm-wood, Fumetory, Hyssop, German-der, Bettony, Agrimony, Burrage, Bugools Elicampane, Polypody of the Oak, Caper, Ash, Flowers of Elder, Tammaris-barks, of each of these a handful, boyl them in postern Waters, or other clear Running waters; to make it pleasant, you may put in a little Sugar-Candy, and drink it as Dyet-drink, every Morning, keeping your Body very temperate, not giving way either to excess in eating or drinking.

An incomparable Cure for the Palsie.

Take Lavender and boyl it in water, then strain it, and drink half a pint daily, first and last for a Fortnight together, it will cure you: *Probatum est.*

To make the Face fair, and the Breath sweet.

Take the Flowers of Rosemary, and boyl them in White-wine, then wash your Face therewith and use it for to drink, so shall you make your Face fair, and your Breath sweet. *Probatum est.*

An excellent Remedy for Broken-belly'd or Burst.

Take nine Red-snail-shells, dryed in an Oven, between two Tiles, beaten to Powder, and take one part of the nine, of the Powder,

der, in a draught of White-wine, fasting, eat or drink not for two hours after at least, and make a Truss fit for the broken place, and it is present Remedy.

A present Remedy for the Cramp.

Take Brimstone, Vernine, two Eggs shells and all, and a handful of Wormwood leaves, stamp them all together very well, and apply it to the Arm, or any other place grieved, very hot, do it fresh every two days, for ten days together, and you shall have Remedy: After that swadle the place with Scarlet or Red-Cloth, next your Skin, and so wear it in Winter and Summer: *Probatum est.*

A Medicine for Fevers.

Take Chamomile and Centory, stamp them, and wring out the juice, drink it in Butter-Milk, Posset-drink, mingled with Wine, with Continuance, and you shall find perfect Cure: *Probatum est.*

For the Rickets in Children.

Take a handful of the inner Bark of Tamaris, and lay it in steep in a Pint of White-wine three days, and let the Diseased Child drink now and then two spoonfuls at a time and it is present Cure.

A Medicine for a scald Head.

Take the Leaves, Branches, and Buds of Brambles, boyl them in an indifferent quantity of running Water, till half be boyled away

way, and wash the Head well with the water, Morning and Evening ; and dip a Cloth in the Water, and lay it to the Head, and it will heal it.

Apreious Remedy for sore Eyes.

Take Violets, Myrrh and Saffron, and make a Plaister, and lay it on the Eyes, for Sores, Aches, and Swellings, and you shall find present Remedy.

For Bloud-shotten sore Eyes.

Take the Juice of Plantain, House-leek, Lily-Root, Betony, the White of an Egg and fair Water, the quantity alike, strain them, and drop it into the Eye luke-warm, twice a day, and it is present Cure.

For the Pin and Web.

Take the Powder of Ground Ivy, a Hares Gall, and fine Ginger, a little Honey, with Womans Milk, an even quantity; strain them and drop in your Eyes twice a day, and you shall find Remedy.

A pricions Medicine for the Head-ach.

Take a spoonful of the Juice of Betony, with as much Wine, and as much Honey, nine Pepper Corne beaten in it, drink it at times, four days and it is present Cure.

Another for the Head-ach, a Medicine worth Gold.

Take the Juice of Ivy, and out of a spoon or Sawcer snuff it up into your Nose with a Quill.

A Remedy for deafness in the Ears.

Take the Juice of Coleworts, Bettony, Hore-hound, and Sallet-Oyl, and mingle them with Rain-water, and drop it into the Ears luke-warm, and it is present Cure.

A precious Medicine for the Stone.

Take the Juice of Saxifrage, the Powder of Ivy-berries, and the Powder of Ivy-bark, and as much Salt peter as a Hasle Nut, all in indifferent quantity, take them in White-wine, as oft as you best please, and you shall find present Remedy: *Probatum est.*

A present Remedy for the Running of the Reins, or Pain or Weakness in the Back.

Take the pith of an Ox back, and scald it, and then strain it out of the Skin, and Plantain-seeds beaten to Powder, and a pound of Jourden-Almonds beaten to Powder, a Pint of Plantain water, in a quart of Milk, strain it, and seeth it a little with Sugar and Cinnamon, a little Clary chopt small, Parsnips dried and beaten to Powder, if you can get it. All these eat luke-warm together, or as you can obtain them, and you shall find present Remedy: *Probatum est.*

A present Remedy for the Sciatica, or all Aches in the Bones.

Take Rue and Red-Netles, Worm-wood, Hore-hound, of each of them a handful, stamp

stamp them all together, and take the Gall of a Bull or Ox strained, May-Butter, Black-soap, Frankincense, of each a like quantity, mix them all, and warm them a little in a Frying-Pan, spread it on Leather, then lay a Linen Cloth between the Plaster and Skin, bind it fast, and wear it a week together, and you shall have perfect Cure; after that swaddle the place with a Scarlet or Red Cloth, and so wear it Winter and Summer next your skin: *Probatum est.*

A precious Remedy for the Falling-sickness, the Convulsion fits, and the New Disease.

Take the Skull of a Man or Woman, wash it clean, then dry it in your Oven, after your Bread is drawn, beat it to Powder, and boyl it in Posset-drink, then let the Party drink thereof Morning and Evening, or as oft as need requireth, it is an approved Remedy.

Mr. Baker's Medicine for the Cough of the Lungs.

Take three Pints of Running-water, half a Pound of Portugal Sugar, with nine Figs, and half a spoonful of Anise-seeds bruised, a handful of Raisins of the Sun clean washed and stoned, a Penny-worth of Maiden-hair: let all these boyl together, until the one half and more be boyl'd away, then strain

them through a fine Cloth, and every Morning drink two spoonfuls of it Luke-warm, and you shall find present Remedy.

For a Tetter.

Take the Gum of Cherry-Tree, and lay it in Vinegar ten days, then anoint the Tetter therewith: Good for all sorts of Itches also. *A quick Remedy for Corns, and that, with present Ease.*

First, pare them unto the bottom, till you see a thing like Matter, or till the Bloud appear, then touch them with the Oyl of Sulphur, and then dress them with our *Balsamo Artificiato* once a day: besides that, apply Hogs fat of the Leaf: let your foot and Toes go Wetshod in it after that you have us'd the other, and you shall find present Cure: *Probatum est.*

For an Itch.

Take half a pound of the best Crown-soap, and a handful of Bay-salt, with water very hot, and wash and bath your Body before a good fire till you be Cured: *Probatum est.*

For the Phthifick-Cough.

Take a piece of Salt-peter as big as a Hasle-Nut, bruise it, and put it into five spoonfuls of fair water, and drink it Luke-warm, Evening and Morning, and you shall find present Remedy.

A Medicine

A Medicine to dry a Sore.

Take Mutton suet, and melt it, and strain it, and make thereof a Salve.

To skin a Sore.

Take new Milk and Alum, dip a Cloth therein, and lay it upon a Sore.

For all manner of Palsies in the Head.

Take small Spike both the Flower and the Stem, Distil it, and wash the place grieved, and the hinder part of the Neck.

For the Tooth-ach

Take Rosemary-wood, burn it to Coals, not to Ashes, beat it small, put it into a new Linen Cloth, make it as big as a Walnut, and hold it between your Teeth, it will kill all Worms, and keep the Teeth from all Pain: *Probatum est.*

For a Sore Throat.

Take Columbine and cinquefoil, and stamp them, and boyl them together, and strain them with Milk, and drink it very warm.

For a Canker in the Mouth.

Take a Flower-de-Luce-Root, wash it, and slice it, and a few Leaves of Penny Royal, lay them steep in Conduit-water; wash the Mouth with the water, and you shall find present Remedy.

Another for the Cough or stopping of the Breach.

Take Syrup of Hore-hound, Hyssop, Liquorish, of each an ounce, and take thereof

every Morning a Spoonful or two.

For the hardnes of the Spleen.

Anoint the Spleen with the Oyl of Mastick, made of Mastick it self.

For a Stitch.

Take Chamomile, and make it dry between two Dishes on a Chafing-dish of Coals, and so bind it to the place.

Another for the same.

Take Bread, and make a Toast thereof, then Crumble it, and fry it with Honey and Salt and lay it hot to the place.

For Windiness and Weakness of the Stomach.

Take new Bread, Toast it a little, then soak it all night in Hypocrist, and eat it in the morning fasting.

For those that cannot hold their Water.

Take the Bladder of a Sheep, dry it thoroughly, beat it to Powder, put it into five spoonfuls of Vinegar, and give it the Party to Bed-ward to drink, and it will Remedy it.

A Remedy for the Mother.

Take Cummin-seed and Coriander-seed, beaten to Powder, an ounce of Bettony leaves, stamp it small, and drink it with Wine: smell to perfume, or old Leather, and you shall have Remedy.

For the Yellow Jaundice.

Take the inner Bark of a Barberry tree, and seeth it in Milk and drink it.

Another

Another for the same.

Take Turmerick and English Saffron, and drink them in Ale.

To stop the Bleeding at Nose.

Take Cumfrey, and put it into the Nostrils or receive the Smoak thereof.

For Burning.

Take the dropping of Bacon, and lay thereon.

For the Piles.

Take Black-wooll, and Black-soap, and bind it thereto, or brown Paper alone helps.

To remove a Disease from the Stomach.

Drink a quantity of Dragon-water or water Imperial mingled with Treacle or Mithridatum.

For one that is Poisoned.

Take green Rue, wash it and temper it with White-wine, and give it him to drink.

A present Remedy for an Ague.

Take two ounces of Bay Salt, two ounces of white Frankincense, and a handful of Smallage beaten together, and lay it to the Wrist of the hand, two hours before the Fit doth come.

For Spitting of Blood.

Take Smallage and Mint, Rue and Bettony, and seeth them in good Milk, and sup it warm.

For

For the pain in the Back.

Take Sage, Rosemary, Chamomile, of each of them a handful, then stamp them together, and fry them in May-butter and anoint the Back therewith warm.

For the Canker in the Mouth.

Take the juice of a Plantain, Vinegar, and water of Roses, and wash the Mouth therewith.

For a sore Breast.

Take Grounſel, and chop it ſmall, the grounds of ſmall Beer, and Wheaten Bran, and Sheeps ſuet beaten in a Mortar, and boyl them all together, and lay it to the Breast.

For a Weak Stomach.

Seeth Centory in fair clean water, and let the ſick drink thereof Luke-warm nine ſpoonfuls at a time; it purifieth the Breast and Stomach.

For the Worms.

Take a ſpoonful of the Syrup of Wormwood, with a Scruple of Aloes.

For the Stone Cholick.

Take a head of Garlick, roast it in the Embers, clean it and beat it in a Diſh with a Rowling pin, put thereto a good quantity of Pepper; then take of unfalted Butter, clean walhed, as much as both Garlick and Pepper, mix them well together, and make Pills thereof, as big as may Conveniently be ſwallowed,

lowed, Rowl them in Nutmeg and Sugar; then take one, if that ease not take a second, at most but a third, fasting half an hour after, then take a Toast, and butter it well on both sides with fresh Butter, put it into a Pint of the strongest Ale you can get; being soaked eat the Toast first, then drink the Ale, and by the help of God it shall cure young and old.

Another for the Itch.

Take quick-silver two Penny-worth, kill, it with Fasting-spittle, and three Penny-worth of Oyl of Bays beaten together and anoint the Body, it killeth Lice or Itch in Head or Body.

For the Dropsie.

Take pills made with Aloes, Jallap, and Honey, every day; take Broth made with Veal, and Scurvy grass, boyled in it; let the Meat you eat be Roasted dry, and all the other Dyet as dry as you may; refrain drink as much as you may, but what you drink, let it be the best.

A Remedy for the swelling of the Legs.

Take the Juice of Walwort, of Wax, of Vinegar, of Barley-meal, of each a like quantity; boyl them, and make a Plaister; and bind it upon the sore: *Probatum est.*

A precious Medicine for the Gout.

Take a pint of White-wine, a Quart of Running-water, The Gall of an Ox strained; a pound of Barley flower, a pound of Black-soap,

Soap, or other Soap, some Rosin, some Deer-suet, seeth all a little till it be thick, after take two Eggs, shells and all, beat them small and put to the other, and apply it Plaster-wise, bind it to the place lukewarm, and you shall find present Remedy; after this swaddle the place with Scarlet or Red Cloth next your Skin, and wear it so Winter and Summer: *Probatum est.*

To make one Sleep.

Take Lettuce and pound them, and wring out the juice, and drink it.

To stop a Looseness.

Make Pap of Bean-flour, and put thereto Powder of Cinnamon.

For a Fellon.

Take May-Butter, and temper it with a little Barley-flour, and Bean-flour, and new Yellow Wax, with a little Rosin, and make it in form of a Plaster.

To stay the Flux.

Take Mung-Glass, and boyl it in Broth and give it the Patient to drink.

A most excellent Powder against Botches, Boils and Tickers.

Take of ripe Ivy-berries dried in the shade, and beat them to Powder, and then lye in your Bed, and Sweat well, after your Sweat is over, change your shirt and sheets, and all your Bed-cloths, if you can: if not, be sure you change

change your Linen. Some have taken this Powder at Night, and have found themselves well in the Morning, and have walks about the house fully Cured. Some having Plague-sores under the right Thigh, and under the left Arm taking this Powder in the Morning, and again at Night, their Sores have been broke of themselves, and the Parties have recovered by the help of God. This Powder is most excellent for Botches, Boils, Plague-sores, Tokens, Shingles, and all other pestilent Diseases; approved of divers people now living in the City of London.

A most excellent Plaster for swelling of the Arms. Legs and Feet.

Take Lin-seed, Wheaten-bran, Brooklime, Chick-weed, and Gruncil, of each one handful, boyl them in a Pottle of White-wine till it be thick, then make a Plaster, thereof, and then lay it to the swollen place as hot as you can endure it, and it will cure you with three or four Plasters: *Probatum est.*

For the Black Jaundice.

Take of Herb Ambrose, Bettony, Mugwort, of each a handful, three or four Dock-roots, clean Pickt, washt, and scrapt, stamp all these in a Mortar till they be indifferent small, then take Spikenard, Turmericke, and Gallinall, of each a handful, stamp

stamp them in a Mortar likewise, then mix them together, and put them in a clean Cloth by themselves, and tie them fast with strings, and then hang them in two Gallons of good Ale, newly tunned up, and after three or four days drink a good draught thereof every Morning next your heart, and fast after it three hours, and do the like when you go to Bed, and you shall find present Remedy : *Probatum est.*

A most excellent Syrup for a Consumption.

Take three Sheeps-hearts, slit them, and take out the strings and Bloud, and lay them in water to soak a Night and a Day, then wash them clean, and put them into a Pipkin ; lay in the bottom of the Pipkin stalks, of Rosemary, in the manner of a Grid-Iron, then lay the Hearts on them, every Heart being stuck with three Cloves, and half a quartern of Sugar being put into every Heart, then stop up the Pipkin very close with Paste, and put it into the Oven with Household bread, and when you think it is sufficiently stewed, take out the Pipkin again, then every morning and Evening take a spoonful of this Syrup, and it will Cure you.

A Sear-cloth for divers Causes.

Take of Oyl of Olives, Red-Lead, White-Lead, of each one pound ; of Castle-soap
four

four ounces, Oyl of Bays two ounces, mix them all together and put them into a Pipkin, then let them boyl over a gentle fire of Embers till it be well mingled and melted together, then strow a little Red and White Lead, being mingled together in Powder, still stirring it with a clean stick, and so strow in more and more of your Lead by little and little, till all be in, still keep it with stirring, that it burn not at the bottom, stir it for an hour and an half together, then make the Fire bigger, till the Redness be turned into a dark Colour, but you must not leave stirring till the water be turned into a perfect black Colour as pitch, then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Fingers it is enough, then take Linen-Cloths and dip them therein, and make your Sear-Cloths, thereof; they will keep twenty years, let your Powder of Lead be sifted very fine, and shred the Soap small. The Vir-
tues of this Sear-Cloth, are as followeth: being laid upon the Stomach it doth provoke Appetite, and taketh away the pain in the Stomach: being laid to the Belly it is a present Remedy for the Cholick being laid to the Back, it is present Remedy for the Flux, and the running of the Reins, heat of the Kidneys, and weakness of the Back, it helpeth all swellings

swellings and bruises, and taketh away Aches, it breaketh Fellons, and other Imposthumes, and healeth them, it draweth out any running Humour, and helpeth him without breaking of the Skin, and being applyed to the Fundament it helpeth all old Sores, and it will be made in six hours; thus you have had the Virtue of this excellent Sear-cloth.

A most excellent drink that healeth all wounds without any Plaster, or Oyntment, or without Taint most perfectly.

Take Sanicle, Milfoil, and Bugle of each two handfuls, stamp them in a Mortar, and temper them in White-wine, and give the sick that is wounded twice or thrice in a day, till he be whole. Bugle holdeth open the wound, Milfoil cleanseth the wound, Sanicle healeth it, but Sanicle must not be given to him that is wounded in the head.

For Worms, boils, and Botches.

Take Rosemary, and eat, if fasting, without Bread and Honey, and you shall have no Worms, Boils, or Botches.

For all Aches and Lame Members.

Take green Rue and Rosemary, two handfuls, put them into Sallet-Oyl and Malmsey, of each one quart, let them boyl half an hour together, then let the place grie

ed be anointed therewith against the Fire,
eing first chafed with a Cloth very well ;
fter anointed wrap it up in a Lambs-skin,
e Wooll side inward, do this to Bedward,
or the space of three weeks together ; this
oldured a man, that could not stand nor go :
hus *Probatum.*

*A most excellent Remedy for to cure Children of
The Rickets.*

Take a quart of Cream and boyl it to an
oyl, take three or four good handfuls of
hamomile, and mince it small, and put it
to the Oyl, and let it boyl over a soft fire
all the Heads become crisp, and that it be
very bitter, then strain it, and then anoint
e Childs side downwards, and the bottom
the Belly, and the Ribs morning and even-
g : also give the Child thrice a day, fix
poonfuls of Harts-tongue water, in which
have steeped seven or eight Cloves,
and put therein some brown Sugar-Candy
to sweeten it : if the Child be not weaned
without you must wean it, or else no Medicine will
recover it ; also you must carry it as little
as you can in your Arms, but when you do,
stirring of it, and make it try to use
two Legs, if it be of that bigness, and in a
short time it will cure it. I never knew this
hall : *Probatum.*

A most

A most precious Eye Water, for any Disease of the Eyes, often approved, with happy Success.

Take of the best White-wine two little Glasse fulls, of White Rose-water half a pint of Water Selandine, Fenil, Eye-bright and Rue, of each a quarter of a pint, prepare Tutty six ounces, of Cloves as much, beaten to fine Powder, of fine Sugar two ounces, of Camphire and Aloes, of each an ounce, then mix them together, and put it into a Glass and keep it very close that no Air can get to it, then let it stand Forty Days and Nights abroad, in the hottest of Summer, and shake it well twice a day, then let the Party drop it into their Eye with a black Hens feather, as he lyes on his Back, and stirring his Eye up and down, and it shall Cure his Eyes of all Diseases.

A most excellent Julep for a Cough.

Take a Pottle of Spring-water, and put therein ten spoonfuls of Hyssop, and two of Rosemary, of Liquorish clean scraped and thin sliced two ounces, of Anise-seeds bruised two ounces: boyl all these till half the water be consumed, then strain it, and put in three drops of Oyl of Sulphur, take two spoonfuls, when you begin to cough, this will lessen the Flegm, and cause you to bring it up easily: *Probatum.*

For a Bruise or Squat.

Take white Daisie-Roots, Leaves, Flowers, little and all, pound them, and strain the Juice of them into strong March-Beer or Sack, and give the Patient a good draught thereof, or boyl them in Ale and make a Posset thereof, eaters of the former, and let him eat the Leaves, if he can, and let him Sweat after.

For the Cough of the Lungs.

Take Colts-foot, Bettony, Burnet, and dried Rose-leaves, of each a handful, of St. Romfrey-Roots scraped and sliced Two handfuls, boyl all these in a Gallon of spring-water, till it comes to a Pottle, then strain it, and set it over the fire again, then take a pound of double refined Sugar, and put it into it, and let it boyl over a soft fire a quarter of an hour, then take it off, and put it into some Glass, and stop it up close, and when drink six spoonfuls Morning and Evening, and at four in the Afternoon, it is an approved Remedy.

most excellent Medicine to make Children wean breed Teeth easily.

Take of pure Capons grease, very well clarified, the quantity of a Nutmeg, and twice as much pure Honey, mingle and incorporate them well together, and three or four times in a day anoint the Childs Gums, when they

they are Teething, and they will break flesh easily and prevent Torments, and Agues, and other griefs, which usually accompany them coming forth.

Directions for a Glyster.

Take a Pint of New Milk, or a Pint and a half, and set it on the Fire, and make it scalding hot; take it off, put into it the yolk of a New laid Egg beaten, two ounces of brown Sugar-Candy, and give it the Party Blood-warm.

A Special Water for the Wind in the Stomach, or any other Part.

Take Penny-Royal water eight Spoonfuls, put to it four or five drops of Oyl of Cinamon, drink it any time of the day, but be sure fast two hours after it.

A Powder for tender Eyes, for old or young.

Take a piece of White Sugar-Candy the bigness of a Chesnut, put it a steeping in three Spoonfuls of the best White-wine you can get, take it out, dry it; when it is dry be sure you bruise it in a clean Mortar, which tastes of nothing, when so done put it upon a white Paper, hold it to the Fire, so that it may be thorow dry, then searce it thorow little Sieve.

An excellent Medicine for the Corns.

Half a pint of fair Water, of Mercury Sublimated a Penny-worth, of Alum a piece the bigness

the bigness of a Bean, and boyl all these together in a Glass Still, till a spoonful be wasted, and when you use it be sure warm it, this also is good for a Wart, Tetter, Ring-worm, or the Itch.

and *An excellent Powder for the Green sickness.*

Take of Nutmegs, Cloves, Mace, one yolk quarter of an ounce of each, beat them severally, then beat altogether very well, one part quarter of a Pound of fine Sugar, very small beaten, mix them altogether and beat them very well, Pearl the sixth Part of half an ounce, finely beaten, and mingle it with the rest, beat them altogether again, the filing of Steel, or Iron, an ounce and a quarter, and sift it out very small, mingle it with the rest, but if so small a quantity will not serve, add of the same nettles a quarter more, let it be sifted before you weigh it: If this will not serve, put in a little Rhubarb or a little Aloes Succatrina, when you rise in a morning take half a spoonful, at four a Clock in the Afternoon take as much, and when you go to Bed as much, stir up your self an hour and then eat some thin Broth or Sugar-Sops or the like.

and *Directions to make a Plaster for a Rupture.*

Take fresh Butter and unwrought Wax, of each a like quantity, clarifie them severally, the Juice of Comfrey, knotted Grass and

and wild Daisie-Roots of each a like quantity, take the Powder of Anise-seed and Cummin-seed, but thrice as much Cummin-seed, as Anise-seed, and the Roots of Cumfrey, dry it, make Powder of it, boyl those Powders in the Butter and unwrought Wax, on a soft fire a good while; then put in your juice let it boyl a walm or two, take it from the fire, stir it all together till it be cold, take hereof, spread it: lay it to the Cods as hot as it can be endured, use this till it be Cured: this is a most excellent Plaister for one which is burst at the Navel.

Approved Water for Old Sores.

Take Violet Leaves, Rosemary, Elder Leaves, Sage, Honey-Suckles, water Betony, of each a like quantity, cut them all together very small, seeth them in a quart of Running water, and put a little Alum and two spoonfuls of Honey to it.

An excellent Plaister for an Ach in the Joints.

Take of Cummin a pound, a quarter of a pound of Clarified Butter, a quarter of a pound of Black Soap, a handful of Rue, two ounces of Sheeps-suet, one spoonful of Bay-salt, bray these together, then with a Gall of an Ox, fry them, so done spread it on a piece of Silk, and heat it against the fire, lay it on the Ach as hot as you can, and let it continue seven days.

An excellent and approved Powder for sore Eyes.

Take one pint of Hop water, made when the Hop is in the Flower, let it boil till it is Scalding hot, put into it half a pound of Liquorish dried and beat it to a very fine Powder, take off your water from the fire, for the Liquorish must not boyl in the water; your water being off, put in your Liquorish, and stir them together, till the water is quite consumed, then take half a pound of Fennel-seed, and half a pound of Anise-seed dried, and beat to a very fine Powder, searce it through a fine Sieve, take Angelica-Roots, Elicampane-Roots, and Leaves and Flowers of Eye-bright, dried and beat to a very fine Powder of each one ounce and a half, mingle these together, so keep it close stopt, and when you eat of the Powder take two ounces and as much Aqua vitæ as will moisten it, or Rosa folis, or Angelica-water; set it near the fire to keep it from being musty, you may eat of it when you please, as much as you can take up with a Groat, it is very good for the Rheum, for cold or for sore Eyes.

Directions to deliver a Woman in danger.

Take a Date Stone, beat it to Powder, put the Powder in Wine, and let the Woman drink it, and take Polypody, and em-

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plaister it to her Feet, and the Child will come if it be alive or dead, take Centory green or dry ; give it her to drink also in Wine, and let her drink the Milk of another Woman.

A most excellent Remedy for to cure an Ague.

Take a good quantity of the Inner bark of a Walnut-Tree, take Beer and boyl it in ittill the Beer looks black, then put it into a Pot and drink a good draught of a pint, or as much as you can drink, let it be as hot as you can take it : if the Ague be very tedious take six spoonfuls of Sallet-Oyl brew'd to and fro in two pots, and after taking it let the Party labour hard, at any exercise, until he Sweat, then let him lie down on a Bed and keep himself very warm until he hath done Sweating, this do three or four times when the Ague is upon him.

A present Remedy for a Bruise by a Fall.

Take the Suet of a Sheep, and Horse-dung, and boyl it very well together and lay it to the Bruise, bound on with a Cloth.

A Precious Medicine for a hot Rheum in the Head.

Take Sallet-Oyl, Rose-water, and Vinegar, mix them very well together and lay it as warm as you can well endure it to your Head.

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An excellent Remedy for the Sting of an Adder.

Take Treacle, Rue, and Honey, of each a like quantity and a head of Garlick, bruise it and mix it together and lay it to the sore.

For the Canker in the Mouth or Nose.

Take the Ashes of the green leaves of Holly, with some of your burnt Alum beaten to Powder near half the quantity, and with a Quill blow it on the place which is troubled and you will find an undoubted Cure.

A Water to wash Sores withal.

Take of Plantain leaves, Sage, and Wormwood, of each about a handful, Alum two ounces, Honey two Sawcers full, boyl all these together in three pints of water, till half be consumed: then strain it and reserve the Liquor, to wash the Sore withal.

A medicine for the Gout.

Take of Totberry-Roots, make them clean, and cut them into thin slices, take the like quantity of the grease of a Barrow Hog, then lay at the bottom of an Earthen pot, a lay of grease, and a lay of Roots, and so over again till the Pot be full, then set it on a Dung-hill twenty or twenty one days well stopt, then take it out and beat it in a bowl, boyl it about three quarters of an hour, then strain it into a Penny worth of Aqua vitæ, stir-

it together and anoint the place grieved by a warm Fire, this hath Cured many and with Gods blessing may many more.

An excellent Diet-drink for a Family, to cure the Running Gout, Wind, any Aches in the Joynts, or Limbs, very fit to be taken spring and Fall, as well to prevent those who are not, as to cure those who are any way grieved.

Take nine quarts of water, and set it on the fire, when it boyleth put into it four ounces and a half of Sarsaparilla, bruise it and let it boyl something more than two hours Gently, always keeping of it close covered, put into it four ounces and a half of Senna, three ounces and a half of L'iquorish well bruised, of Epithymum, Hermodactils, Storacades, and Chamomile Flowers of each near a quarter of an ounce, boyl all together two hours very softly, then strain it and put it up in a close Vessel well stopped, when it's Cold then boyl again all the afore-said Ingredients in nine quarts of water about four hours, with a soft fire; put this in another Vessel well stoppt, of the first before you rise take about half a pint, a draught just before you go to Dinner and another at going to Bed, and betwixt meals drink of the last you made the like quantity or when you List, eat no meats but dry, Roasted and light and easie to digest in the Morning, a poached

poached Egg or two at night, raising of the scum, your bread well baked, and as much of the Crust as you can eat. Drink no other Liquors during the time you take this all the day, and through Gods blessing you will find your self cured.

A Preservative Broth against a Consumption.

Take four good Marrow-Bones, break them and boyl them in four quarts of water till half the Liquor be consumed, when it's Cold take of the Fat clean, and put the Broth in a Pipkin, put to it a good Cock Chicken, a knuckle of Veal, some little Bones of Mutton, the bottom Crust of a White-loaf, some whole mace, a few Dates, boyl it till half be consumed, strain it and sweeten it with a little Sugar, drink half a pint next your heart in the Morning, at three of the Clock in the Afternoon and the same quantity at Night when you go to Bed. This, will do as much as my other drinks have done, a great deal of good and restored many Persons.

A drink for the Wind in the Stomach, and the Spleen.

Take a handful of Broom and boyl it in a quart of Ale, till half be boyled away and drink of it every Morning half a pint, or as often as you please.

A rare Water for an Old Consumption or Cough of the Lungs.

Take two running Cocks, , pull them alive, then kill them, Cut then Crofs on the Back, when they are almost cold take their Guts, and after you have made them clean, break them all to pieces, then take a Gallon of Sack, two pound of raisins stoned, two pound of Currants, half a pound of Dates stoned, three handfuls of Wild Tyme, Pimpernel, Rosemary, Bugloss, and Flowers of each the same quantity, put all this together with your Cock into a Still together with four quarts of New Milk of a Red Cow, let this be destilled with a soft fire: And in the Glas the water doth drop into, put three quarters of a pound of Sugar Candy beaten very small, also a Book of Leaf-Gold Cut small, amongst the Candy, six Grains of Amber-grease, sixteen Grains of prepared Pearl, mingle the strong and Small together, drink three or four spoonfuls at a time, in a Morning fasting; the same quantity when you go to Bed.

A Remedy to stay the Vomiting.

Take two handfuls of Spear-Mint, the like of Wormwood, Red-rose Leaves dried, some Rye-bread grated, boyl all these in two quarts of Red-rose Water and Vinegar, till the Herbs are tender, then put them in a bag

bag and lay them to the Stomach as hot as you can endure it, and as it boyls heat it again, three or four times with the Liquor boyling: *Probatum est.*

An excellent Medicine for a Stinking Breath.

Take two handfuls of Rosemary Flowers and Leaves, and boyl them in as much White-wine as will something more than cover them, put into it a little Cinnamon, and Benjamin, beaten to Powder, every Morning wash your Mouth with this noon and night, and it will cure them.

A purging Syrup to be given at any time.

Take Polypodium of the Oke four ounces, Sarsaparilla three ounces and a half, Senna one Pound, Damask-Prunes four ounces, Ginger seven Drams, Anise-seed one ounce, Cummin-seed, Carraway-feed half an ounce of each, Cinnamon ten Drams, Aristolochia Rotunda, Pœonia of each five Drams, Rhubarb one ounce, Garlick five Drams, Tamarisk two handfuls, boyl all these in a Gallon of Running water to a Pottle, then strain it, and put in your Rhubarb, and Agarick in a thin Cloth, and tye it close, put it in the Liquor, add to it a pound of fine Sugar, and boyl it up to a Syrup and take six spoonfuls as often as you find occasion, or more or less as you find your strength will bear; it's an excellent Medicine to keep

the Body open, and hath done wonders where Persons could find no Remedy elsewhere.

The Dukes Desk Newly broken up, &c.

A Remedy against the Plague, sent the Lord Mayor of London by King Henry the Eighth.

TAKE a handful of Sage, a handful of Herb-grace, a handful of Elder-leaves, a handful of Red-bramble leaves, stamp them all, and strain them thorow a fine Cloth, with a quart of White-wine, and then take a quantity of Ginger, and mingle them together, and take a spoonful of the same, and you shall be safe for twenty four days, nine times taking of it is sufficient for a whole year, by the Grace of God. And if it be so that the Party be stricken with the Plague before he hath drunk this Medicine then take the water of Scabies a spoonful, of water of Betony a spoonful, and a quantity of fine Treacle, and put them all together and cause him to drink it, and it will expel all the Venom. If the botch appear, then take the leaves of Brambles, and Elder leaves, Mustard seed, and stamp them together, and make a Plaister thereof, and lay it to the Sore, and that shall draw out the Venom, and the

the Party shall be whole by the Grace of God.

A Medicine that was taught King Henry the Seventh by his Physician, against the Pestilence.

Take of Rue, Mandragories, Featherfew. Sorrel, Burnet, of each half a handful, of Crops and Roots of Dragons alike quantity: Wash them clean, and seeth them with a soft Fire in Running water, from a Pottle to a quart, and then strain them together through a clean Cloth, and if it be bitter put there-to a quantity of Sugar-Candy, or Sugar; and if this Medicine be used before the Purples do arise, ye shall be whole by God's Grace.

For the Plague in the Guts in man.

Take the Skull of a man or woman, wash it clean, then dry it in the Oven after your Bread is drawn, beat it to Powder, and boyl it in Posset-drink, then let the Party drink thereof Morning and Evening, or as oft as need requireth; it is an approved Remedy.

Mr. Bakers Medicine for the Cough of the Lungs.

Take three pints of Running water, half a pound of Portugal Sugar, with nine Figs and half a spoonful of Anise-seeds bruised, a handful of Raisins of the Sun clean washed and stoned, a Penny-worth of Maiden hair; let all these boyl together, until the one half and more be boyled away, then strain them tho-

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row a fine Cloth, and every morning drink two spoonfuls of it, luke-warm, and you shall find present Remdy: *Probatum.*

F I N I S.

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